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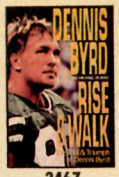

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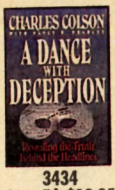

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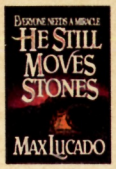

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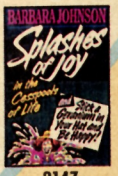

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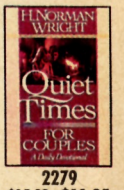

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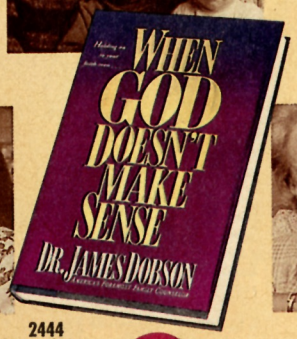

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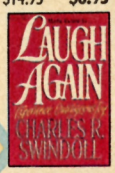

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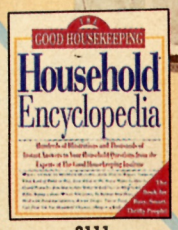

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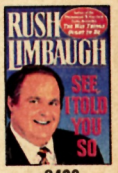

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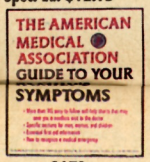

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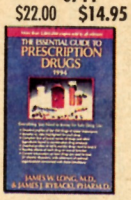

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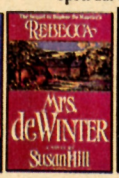

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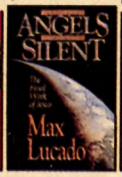

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Cover Photo By Inger Skaarup

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THE WELCOME MAT

Oh, it's a long, long while
From May to December,
But the days grow short
When you reach September.

— Maxwell Anderson

I doubt there are any two successive months of the year that are as diverse as August and September. "Dog days" is the nickname given to August. By the time it rolls around most everyone is languishing in its effects. Heat and oppressive humidity (unless you live in the desert) begin to sap even the energy of children who lie around complaining, "There's nothing to do."

But September is like reveille, it brings us to immediate attention. It calls us back to a routine; we become more disciplined and productive. Most of all in September, though, is the unmistakable realization that the days are getting shorter.

I don't know how you feel about this transition from the long, lazy days of summer to the shorter, crisper days of autumn, but I always have a reassuring feeling of comfort. There's nothing quite like that first night when you need to pull the quilt over yourself when you go to bed. Or, the feeling of slipping on a sweater that is just enough to take off the chill of evening air. And, of course, the smell of fresh apple pie baking in the oven, making the kitchen warm and cozy.

Every season has its own glory but the fall of the year is a special time that calls us together and takes us apart. Children go back to school, young adults go off to college, grandparents go back to their winter homes.

September is a starting point. The sun sets earlier and evening hours stretch out before us, providing time to work on the projects we set aside during the hectic summer months.

In this special Bed and Bath issue of *WORKBASKET*, we have a number of great projects to begin as you make the transition from summer to fall. You'll find rugs, bed linens, towels, drawer sachets, closet hangers and a variety of other great projects especially designed to be used in the rooms of your home reserved for privacy and rest.

While you're at it, be sure to take time to pamper yourself, even if it is in a small way like slipping into a warm bubble bath or sipping a soothing cup of tea before bedtime.

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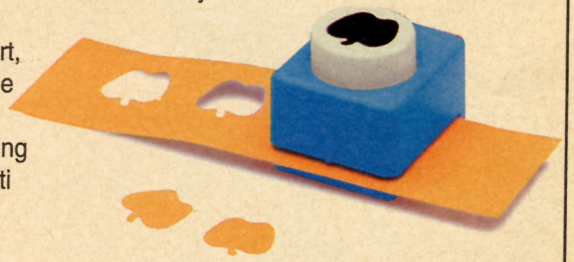

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KNIT RECTANGULAR "RAG" RUG

By Stephanie Roselle

PHOTO: KAY MELCHISEDECH OLSON

Remember the braided rag rugs of old? With giant-size knitting needles and fabric strips, you can easily make a beautiful new version of this old familiar standby.

Finished Measurements: approximately 17 x 27 inches, excluding fringe

Gauge: 2 sts and 2 rows equal 1 inch in stockinette st.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Materials: 8 yards of 45-inch-wide solid percale fabric, cut lengthwise into approximately 2-inch-wide strips; number 19 knitting needles; size K crochet hook (for edging on ends and fringe); safety pin.

Cut fabric strips, sew end to end and wind into balls as you would yarn. See the Editor's Note at end of this pattern for an alternative to cutting, sewing and winding your own fabric strips.

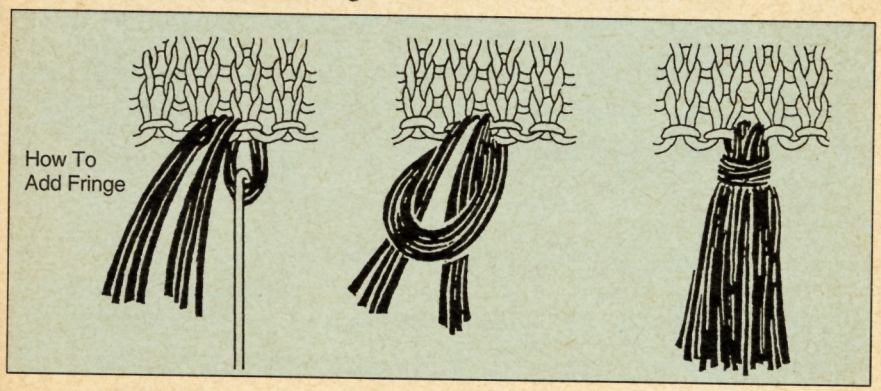
Cast on 30 sts. **ROWS 1-4** K across. (Mark Row 4 with a safety pin to denote right side of work.) **ROW 5** K4, P22, K4. **ROW 6** K across. Repeat Rows 5 and 6 until piece measures 24 inches in length, ending with Row 5. Repeat Rows 1-4 once. Bind off.

With right side of work facing you, attach fabric to end corner with crochet hook and work one row of sc across end. Repeat for other end. Fasten off.

Fringe: Cut approximately 60 12-inch long pieces of 1-inch wide fabric strips. Holding four pieces together, and with wrong side of work facing you, fold strips in half and insert crochet hook in first stitch, pull folded pieces through, then bring ends through loop and tighten. Knot fringe in every other stitch across both ends of rug.

Finishing: Remove safety pin. Block rug into shape by steam pressing with hot iron.

Editor's Note: Pre-cut multi-colored fabric strips on spools may be purchased if you do not want to cut, sew and wind your own. See the Gift Store section of this magazine for ordering information. Number 19 knitting needles are also available through the Gift Store.



CROCHETED OVAL "RAG" RUG

By Stephanie Roselle

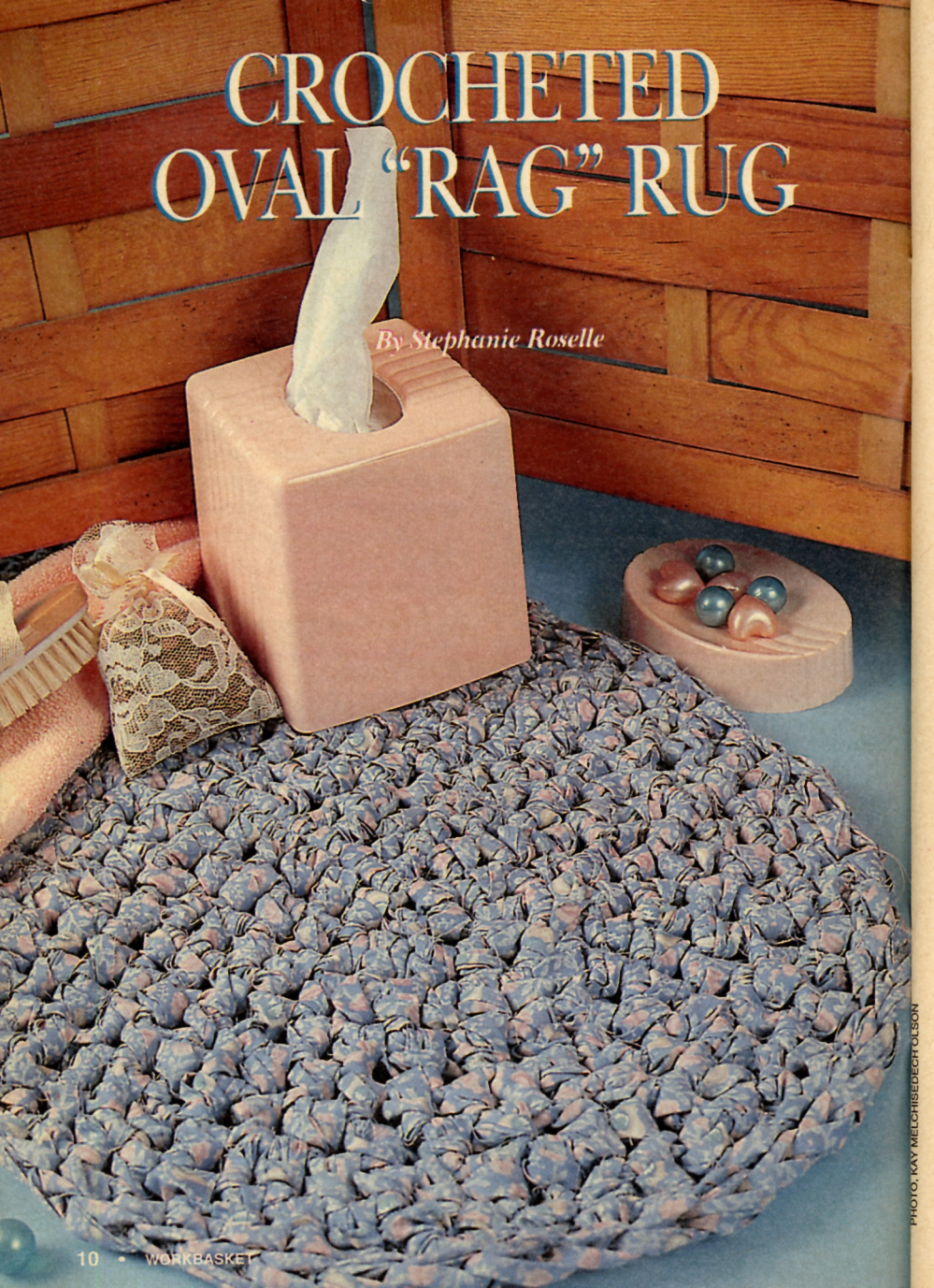


PHOTO: KAY MELCHISEDECH OLSON

If you can crochet, you can easily make this traditional-looking oval rug for the bedroom or the bath.

The crocheted version of the fabric-strip rug produces a lovely oval shape, which even more closely resembles the old fashioned braided rag rugs that Grandma used to make.

Finished Measurements: approximately 17 x 28 inches

Gauge: 1 hdc and 1 rnd equal 1 inch.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Materials: 8 yards of 45-inch-wide percale fabric, cut lengthwise into approximately 2-inch-wide strips; size S jumbo plastic crochet hook; one package of large safety pins (used as markers).

Note: Always move pin marking the two end center sts as you complete each rnd.

Cut fabric strips, sew end to end and wind into balls as you would yarn. See the Editor's Note at the end of this pattern for an alternative to cutting, sewing and winding your own fabric strips.

Ch 12. Hdc in 2nd ch from hook and next 9 ch, work 3 hdc in last ch (mark center st of these 3 hdcs with a pin). Now, working on other side of ch, work 1 hdc in each of next 10 chs, work 3 hdc in last st (mark center st with pin). Mark with pin for beginning of rnds and right side of work.

RND 1 *Work 1 hdc in each st to one st before marked center st. Work 2 hdc in next st, 3 hdc in center st, 2 hdc in next st. Repeat from *, completing rnd — 4 inc made at each end. **RND 2** *Work 1 hdc in each st to 2 sts before marked center st. Work 2 hdc in first st, 2 hdc in next st, 3 hdc in center st, 2 hdc in each of next 2 sts. Repeat from * completing rnd — 6 inc made at each end. **RND 3** Work 1 hdc in each st around. **RND 4** (With a pin mark the 5th st before the marked center sts, and the 5th st after the marked center sts). Work 1 hdc in each st to the first marked st. *Work 2 hdc in next st, 1 hdc in next st, 2 hdc in next st, 1 hdc in next st, 2 hdc in next st*, 1 hdc in marked center st, now repeat from * to *. Work 1 hdc in each st to the first marked st at second end. Repeat from * to *, completing rnd. **RND 5** Repeat Rnd 3. **RND 6** Repeat Rnd 4. **RND 7** Repeat Rnd 3. **RND 8** Repeat Rnd 3 to end of rnd, work 1 sc in next st, sl st in next st, fasten off and weave in end.

Finishing: Remove safety pins. Block rug into shape by steam pressing with hot iron.

Editor's Note: Pre-cut multi-colored fabric strips on spools may be purchased if you do not want to cut, sew and wind your own. See the Gift Store section of this magazine for ordering information. Size S crochet hooks are also available through the Gift Store.

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A Closet Full Of Hangers

Wire hangers leave "dents" in the shoulders of shirts or send silky, strapped garments sliding to the floor. But make these and you'll never have to hang with wire again!

Sometimes it seems that hangers take on a life of their own, reproducing in a dark closet until you have a tangled mess of wire skeletons. But at the same time, there also seems to be a perpetual shortage of the good hangers — the padded variety that keep clothes in place without adding unwanted dents or creases.

This collection of pretty padded and covered hangers will brighten any closet. Make them for yourself, as gifts, or sell them at your local bazaar. Everyone needs a closet full of *these* hangers!

Basic Materials: One 17-inch plastic hanger; Sea Coral (peach) and Periwinkle (blue) Coats & Clark Red Heart Classic, a 4-ply acrylic worsted weight yarn packaged in 3-1/2 ounce skeins containing approximately 200 yards. Each hanger requires about one-third of a skein, or less. Other materials are listed with specific patterns.

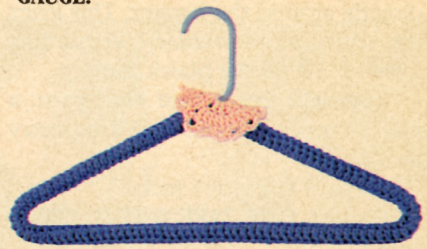
Basic Crocheted Hanger

This basic hanger can be worked quickly and without much thought. Make several for gifts, bazaars or your own closet.

Materials: Blue and peach yarn; a 17-inch plastic coat hanger; a size H crochet hook; and a tapestry needle.

Gauge: 7 dc equal 2 inches

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.



Ch 130. **ROW 1** Dc in 4th ch from hook and in each ch across. Ch 1, turn. **ROW 2** Sc in next st and each st across. Ch 3, turn. **ROW 3** Dc in next st and each st across.

Place crocheted strip around hanger and whip stitch in place with tapestry needle and yarn.

Lacy Collar: With CC, ch 7, sl st to form ring. **RND 1** Ch 3, 14 dc in ring, sl st in top of ch-3 — 15 sts. **RND 2** Ch 3, dc in same st, 2 dc in each remaining

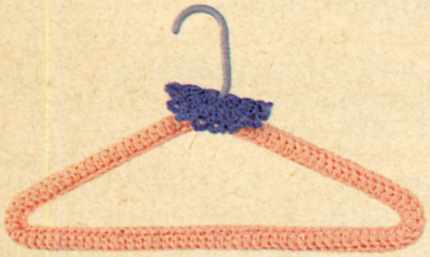
PHOTOS, KAY MELCHISEDECH OLSON

st around. Sl st in top of ch-3 — 30 sts. **RND 3** Ch 1, sc in first st, (ch 5, sk next st, sc in next st) 15 times, ending with sl st in first sc. Fasten off. Slip over hook of hanger.

— Design by Angela J. Tate

Crocheted Puffy Peach Hanger

Worked with two strands of yarn, this hanger has extra padding for extra-special garments. Plus, the first row is a row of single crochet worked



directly around the hanger. This gives the cover more stability, keeping it from sliding on the plastic hanger.

Materials: Peach and blue yarn; a size J crochet hook; and a tapestry needle.

Gauge: 3 sc equal 1 inch

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

ROW 1 With two strands of yarn, work sc around hanger until completely covered — about 100 sc. Ch 3, turn. **ROW 2** Working in front lps only, dc in next st and each st to end. Ch 1, turn. **ROW 3** Working through both lps, sc in next st and each st to end. Ch 3, turn. **ROW 4** Working through both lps, dc in next st and each st to end. Fasten off, leaving a long end for stitching. Thread end through tapestry needle. Wrap crocheting around hanger and join by whip stitching through open back lps of Row 1. Stitch short ends together at hook's base. Make collar using instructions given with Basic Blue Hanger, if desired.

— Design by Sarah Tobaben Johnson

Shell Stitch Hanger

This hanger works particularly well for hanging garments with shoulder straps. The "ridges" provided by the shell stitch keep straps from sliding off the hanger.

Materials: Blue and peach yarn; a size H crochet hook; and a tapestry needle.

Gauge: 5 shells equal 4-1/2 inches; 5 shell rows equal 2 inches.

TO SAVE TIME TAKE TIME TO CHECK GAUGE.

Special Abbreviation: Shell — (2 dc, ch 2, sc) in same st or sp.

Cover Pieces: (Make two.) With blue, loosely ch 48. **ROW 1** Dc in 3rd ch from hook, ch 2, sc in same st, *sk 2 sts, (2 dc, ch 2, sc) in next st — shell made; repeat from * across — 17 shells. Fasten off. **ROW 2** Turn. Join peach in ch-2 sp, ch 2, dc in ch-2 sp, ch 2, sc in same sp, *(2 dc, ch 2, sc) in next ch-2 sp; repeat from * across. Fasten off. **ROW 3** With blue, repeat Row 2. **ROW 4** With peach, repeat Row 2. **ROW 5** Turn. With blue, sk ch-2 sp of first shell, join in the ch-2 sp of 2nd shell, ch 2, dc in ch-2 sp, ch 2, sc in same sp, *(2 dc, ch 2, sc) in next ch-2 sp; repeat from * to within last shell. Fasten off, leaving last shell unworked — 15 shells. **ROWS 6, 8 and 10** With peach, repeat Row 5. **ROWS 7 and 9** Repeat Row 5 — 4 shells at end of Row 9. Weave in ends.

Match both pieces together and, with tapestry needle and blue yarn, stitch together leaving bottom and top edge open. Insert hanger and close bottom edge by working a row of shells through both layers in opposite side of each shell.

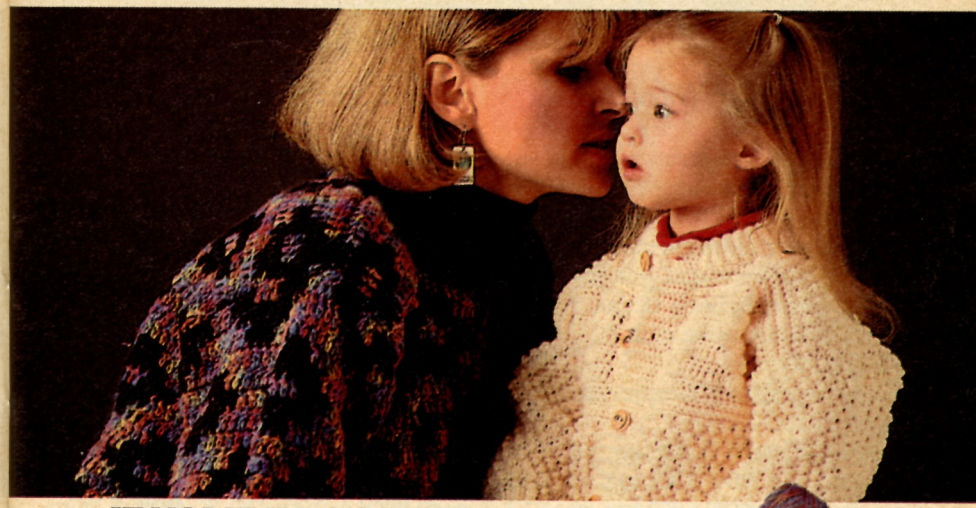
Collar: With blue, ch 7. Sl st to join. **RND 1** Ch 1, sc in same st, 2 sc in next 6 sts — 14 sc. **RND 2** Join peach, ch 3, (dc, ch 2, sc) in same st, *sk 1, (2 dc, ch 2, sc) in same st; repeat from * around, ending sl st in top of ch 3. Fasten off. **RND 3** Join blue. Ch 3, turn, dc in ch-2 sp, ch 2, sc in same sp, *(2 dc, ch 2, sc) in next ch-2 sp; repeat from * around, ending with sl st in top of ch-3. Fasten off. Weave in ends and slip over hook of hanger.

— Design by Sarah Tobaben Johnson

Knit Carousel Padded Hanger

Reminiscent of a whimsical carousel, this striped hanger contains an umbrella-like pillow that you fill with potpourri. The garment chosen to hang here will not slip off or develop "dents" and will remain smelling fresh while it is in the closet.

Materials: Peach yarn for MC and blue yarn for CC; number 5 knitting needles; 1/2 yard of 1/4-inch-wide satin ribbon in colors to match MC



IF YOU'RE LOOKING FOR QUALITY.

Ladies' sweater pattern available in free leaflet L.W. 1138, "Double Diamonds." Child's sweater pattern available in Art. J.12, Book 370, "Crochet For Toddlers."

and CC; approximately 1/2 cup potpourri; and a small amount of quilt batting cut into 1-1/2-inch-wide strips.

Gauge: In garter st, 6 sts and 8 rows equal 1 inch; in stockinette st, 5 sts and 7 rows equal 1 inch.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

With number 5 needles and CC, cast on 12 sts. **ROW 1** K. Leave CC at side of work, join MC. **ROW 2** K2 tog, K9, inc 1 in last st. **ROW 3** K. Leave MC at side of work, join CC. Repeat Rows 2 and 3. Continue working Rows 2 and 3, alternating CC and MC until length of work equals measurement of three sides of hanger. End with MC. Bind off.

Finishing: Wrap strips of quilt batting around three sides of hanger to pad slightly. Align knit strip with hanger where sides meet with hook. Sew knit strip around hanger sides, ending where sewing began. Secure and work in any loose ends.

Sachet Pillow

With number 5 needles and MC, cast on 20 sts.

ROW 1 P. **ROW 2** K2 tog, yo, K16, turn, P to end. **ROW 3** K2 tog, yo, K14, turn, P to end. **ROW 4** K2 tog, yo, K12, turn, P to end. **ROW 5** K2 tog, yo, K10, turn, P to end. **ROW 6** K2 tog, yo, K8, turn, P to end. **ROW 7** K2 tog, yo, K6, turn, P to end. **ROW 8** K2 tog, yo, K4, turn, P to end. **ROW 9** K2 tog, yo, K2, turn, P to end. **ROW 10** K2 tog, yo, K to end. Drop MC, join CC, repeat Rows 1-10. Continue alternating MC and CC and working Rows 1-10 until six wedges have been completed. Bind off. Sew cast-on edge to bound-off edge leaving enough room at center to slip through curved portion of hanger.

Finishing: Position "pillow" on hanger. Fill inside with potpourri, weave ribbon through holes at edge to close. Tie bow at center.

— Design by Kay Melchisedech Olson

Knit Padded Sachet Hanger Cover

The padding of this hanger provides "dimension" to whatever hangs on it. Plus, with the addition of potpourri to the fiber filling the hanger will transfer a subtle fragrance to the garment gracing it.

Materials: Blue yarn for MC and peach yarn for CC; number 5 knitting needles; small amount of quilt batting cut into 1-1/2-inch-wide strips; fiber filling and/or 1 cup potpourri; 2 yards of 1/4-inch-wide satin ribbon to match MC and CC; satin roses; and glue gun.

Gauge: In pattern, 5 sts and 7 rows equal 1 inch.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Special Abbreviation: K1 below — Knit into the loop below the next st.

(Make two.) With MC, cast on 81 sts. **ROWS 1 and 2** K. **ROW 3** With CC, K1, *K1 below, K1, repeat from * to end. **ROW 4** With CC, K. **ROW 5** With MC, K2, *K1 below, K1, repeat from * to last st, K1. **ROW 6** With MC, K. Repeat Rows 3-6 two times more.

ROW 7 With CC, K2 tog, K1, *K1 below, K1, repeat from * to last 2 sts, K2 tog. **ROW 8** With CC, K2 tog, K to within last 2 sts, K2 tog. **ROW 9** With MC, K2 tog, K1 below, *K1, K1 below, repeat from * to within last 2 sts, K2 tog. **ROW 10** With MC, K2 tog, K to within last 2 sts, K2 tog. **ROW 11** With CC, K2 tog, K1, *K1 below, K1, repeat from * to within last 2 sts, K2 tog. **ROW 12** With CC, K2 tog, K to within last 2 sts, K2 tog. **ROW 13** With MC, K2 tog, K1 below, *K1, K1 below, repeat from * to within last 2 sts, K2 tog. **ROW 14** With MC, K2 tog, K to within last 2 sts, K2 tog. **ROW 15** With CC, K2 tog, K1, *K1 below, K1, repeat from * to within last 2 sts, K2 tog. **ROW 16** With CC, K2 tog, K to within last 2 sts, K2 tog. **ROW 17** With MC, K2 tog, K1 below, *K1, K1 below, repeat from * to within last 2 sts, K2 tog. **ROW 18** With MC, K2 tog, K to within last 2 sts, K2 tog. **ROW 19** With CC, bind off 4 sts, *K1 below, K1, repeat from * across. **ROW 20** With CC, bind off 4 sts, K across. **ROW 21** With MC, bind off 4 sts, K1, *K1 below, K1, repeat from * to within last st, K1. **ROW 22** With MC, bind off 4 sts, K across. **ROW 23** With CC, bind off 6 sts, *K1 below, K1, repeat from * across. **ROW 24** With CC, bind off 6

IF YOU'RE LOOKING FOR VALUE.

Baby Christening gown pattern available in Art. J.12, Book 375, "Crochet For Babies." Ladies' sweater pattern available in Art. J.12, Book 376, "Warm Weather Crochet."

sts, K across. **ROW 25** With MC, bind off 4 sts, K1, *K1 below, K1, repeat from * to within last st, K1. **ROW 26** With MC, bind off 4 sts, K across. **ROW 27** With CC, bind off 4 sts, *K1 below, K1, repeat from * across. **ROW 28** With CC, bind off 4 sts, K across. **ROW 29** With MC, K2 tog, K1 below, *K1, K1 below, repeat to within last 2 sts, K2 tog. **ROW 30** With MC, K2 tog, K to within last 2 sts, K2 tog. **ROW 31** With CC, K2 tog, K1, K1 below, K1, K1 below, K1, K2 tog. **ROW 32** With CC, K2 tog, K to within last 2 sts, K2 tog. **ROW 33** With MC, K2 tog, K1 below, K2 tog. **ROW 34** K3, cut yarn, draw yarn through remaining sts.

Finishing: With right sides together, align work. With MC, yarn and tapestry needle, whip stitch seam from center of hanger to edge. Repeat on other side. Turn work right side out.

Attach 1 yard of both colors ribbon to end of top seam. Alternately lace ribbons over top seam toward top center. Repeat on other side.

Wrap strips of quilt batting around three sides of hanger overlapping just enough to entirely cover the plastic; secure in place with needle and thread. Fit knit cover over curved hook of hanger.

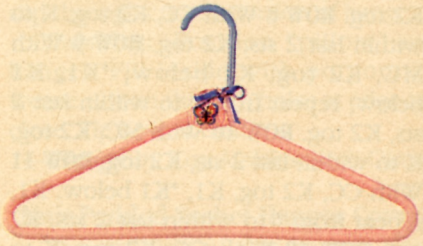
With MC yarn and tapestry needle, whip stitch bottom seam leaving approximately 3-inch gap in center of bottom. Use fiber filling and/or potpourri to fill in center of hanger cover (do not stuff to bulging). Finish closing bottom seam.

Secure yarn around top, where curved hook end extends out from work. Tie ends of ribbon into bows on each side. Use hot glue gun to glue satin roses in place over bows.

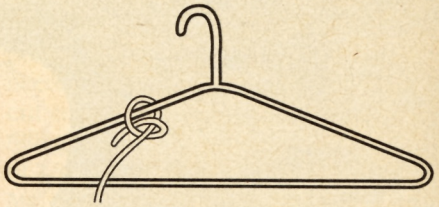
— Design by Kay Melchisedech Olson

Half Hitch Covered Hanger

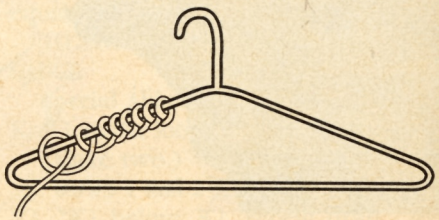
Dresses with narrow straps, sleeveless blouses and slippery slips will stay put on this yarn-covered hanger. No knitting or crocheting is needed.



Materials: Peach yarn, 1/2 yard of 1/4-inch-wide satin ribbon in peach and blue; purchased appliqués and glue or needle and thread (if desired).



Make first half hitch.



Continue with a series of half hitches to produce a chain, or sinnet.

Attach yarn to either side of top angle close to where center hook joins hanger with a lark's head knot. Hold tail of yarn along side of hanger. Make a half hitch knot. Repeat making half hitch knots, periodically sliding work back to tighten it. Continue in this manner until all three sides of hanger are completely covered. Wrap yarn around center joint until plastic is no longer visible. Sew or glue appliqué to yarn covering center joint, if desired. Tie satin ribbon in bow to complete.

— Design by Kay Melchisedech Olson

Puffy Net Covered Hanger

This is perhaps the easiest covered hanger of all. Strips of nylon netting are tied around the three sides of the hanger, giving it a very puffy shape — ideal for drying handwashed sweaters.

Materials: Standard plastic clothes hanger, approximately 1-1/2 yards nylon netting in main and contrasting colors cut into 3-inch wide by 5-inches long strips.

Begin at either side of top angle close to where center hook joins hanger. Tie main color nylon strip to hanger using a square knot, alternate with contrasting color. Repeat until all three sides of hanger are completely covered.

— Design by Kay Melchisedech Olson

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Herbs for *Bath & Beauty*

The beautifying and cleansing abilities of garden herbs are ideal for make-your-own natural bath and beauty products.

By Lisa Megahee and Inger Skaarup

Natural herbal bath products have the beautifying and cleansing properties of commercial products, but as a bonus you can't buy, your homemade beauty products have the natural light, delicate scents of your garden herbs and a money-saving effect on your pocketbook.

Imagine soaking away your aches and pains after a long day in a warm bath infused with the aroma of your favorite herb. Or how about maintaining a hair beauty regimen with a shampoo and conditioner that will make your hair look healthy and smell wonderfully fresh? Herbs have been used for these purposes since ancient times; you can continue this tradition by using your garden's herbs (or those purchased from produce markets) to make your own fragrant bath products.

When making the hair and bath products, select your favorite herb or mixture of herbs for a fragrance that's noticeable (without being overwhelming) and uniquely

PHOTOS, INGER SKAARUP

Herb-filled bath bags are a wonderful and simple way to use garden herbs in your bath water throughout the year. Many herbs, including rosemary and lavender, are suitable to use singly or combined for soothing and aromatic results.

yours. If you like to experiment and change your fragrance often, use your imagination and combine herbs in a number of pleasing fragrance blends. Start by mixing some of the most commonly used garden herbs such as rosemary, mint, lemon balm, lady's mantle, fennel, yarrow, sage, hyssop, thyme, lavender, lemon verbena, lemon thyme and basil. Flowers like chamomile, roses, calendula and scented geraniums can also be used for greater fragrance variety.

Package your finished hair shampoo and conditioner in small decorative bottles, available in kitchen shops, department stores and import shops. Small antique bottles may also be used, if you sterilize them first. All bottles may be sealed with new corks, available in many sizes in hardware or hobby stores.

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occasionally (the mixture will thicken). Pour into bottles, label and seal.

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Herbal Oil Conditioner

This treatment works wonders on

ittle or unmanageable hair.
ce a week.
es about 1 cup conditioner.
esh herbs (or 3/4 C. dried)
l (almond, safflower or canola)

r oil over herbs, cover and put
arm place. After 24 hours,
and repeat the process using
erbs until desired fragrance is
d. Strain, bottle and store in
rigerator until ready to use.
condition hair, warm 2 table-
s of the oil and rub it thor-
into the hair and scalp. Cover
vith a plastic cap for 30
s. Thoroughly shampoo and
il conditioner out of hair.
u want a more lightly scented
use for massaging or adding
y to bath water, change the
nly once or until the desired
ce is attained. Strain, pour into
and add a sprig of dried herbs
oration, if desired. Store in the
rator until ready to use.

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Herbal Bath Bags

bags are a wonderful and
way to use garden herbs in
th water throughout the year.
t the herbs on a sunny morn-
ore the sun gets too hot but
e dew has dried. Hang the
upside down in bunches in
, dark, well-ventilated area.
When the herbs crumble easily between your fingers, the herbs are sufficiently dry.

Many herbs are suitable for use singly or combined for soothing and aromatic bath bags. Dried chamomile flowers may be used in hot

Herb-filled bath bags are a wo bath water throughout the y are suitable to use singly or co

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poo and conditioner in small decorative bottles, available in kitchen shops, department stores and import shops. Small antique bottles may also be used, if you sterilize them first. All bottles may be sealed with new corks, available in many sizes in hardware or hobby stores.

If you prepare several bottles of hair products at one time, make an air-tight wax seal for the ones that will be stored. Melt a candle by placing it inside a tin can that has been heated in a pan of water. After the wax melts, dip the bottle neck and cork in the liquid wax two or three times to seal the bottle, allowing the wax to cool and harden between dips. Even when sealed, it's best to store the unused hair products in the refrigerator until ready to use.

The cleansing and beautifying properties, delicate scent and soothing effects of herbs have stood the test of time against commercial newcomers. Pick your favorite herbs for some of these bath products, and you'll see why natural beauty remedies never fall out of favor.

▲▲▲

Rosemary Shampoo

Rosemary leaves add body and shine to your hair.

Makes about 1 cup shampoo.

1 T. mild white soapflakes (available at drugstores) or grated mild soap bar
1/4 C. fresh rosemary, finely minced (or 1/8 C. dried)
1 T. borax
1 C. boiling water

Combine the first three ingredients in a small bowl. Add the boiling water; stir until well blended. Cover and let cool for eight hours, stirring occasionally (the mixture will thicken). Pour into bottles, label and seal.

▲▲▲

Herbal Oil Conditioner

This treatment works wonders on dry, brittle or unmanageable hair. Use once a week.

Makes about 1 cup conditioner.

1 C. fresh herbs (or 3/4 C. dried)
1 C. oil (almond, safflower or canola)

Pour oil over herbs, cover and put in a warm place. After 24 hours, strain and repeat the process using fresh herbs until desired fragrance is attained. Strain, bottle and store in the refrigerator until ready to use.

To condition hair, warm 2 tablespoons of the oil and rub it thoroughly into the hair and scalp. Cover hair with a plastic cap for 30 mintues. Thoroughly shampoo and rinse oil conditioner out of hair.

If you want a more lightly scented oil to use for massaging or adding directly to bath water, change the herbs only once or until the desired fragrance is attained. Strain, pour into bottles and add a sprig of dried herbs for decoration, if desired. Store in the refrigerator until ready to use.

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Herbal Bath Bags

Bath bags are a wonderful and simple way to use garden herbs in your bath water throughout the year. Harvest the herbs on a sunny morning before the sun gets too hot but after the dew has dried. Hang the herbs upside down in bunches in a cool, dark, well-ventilated area. When the herbs crumble easily between your fingers, the herbs are sufficiently dry.

Many herbs are suitable for use singly or combined for soothing and aromatic bath bags. Dried chamomile flowers may be used in hot

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IRRITABLE BOWEL?

(Special) If you suffer bowel problems such as constipation, bloating, diarrhea, gas, stomach cramps, heartburn, pain and discomfort associated with foods, you should know about a new book, *Gastro-Intestinal Health.*

The book contains the latest up-to-date information on the bowel—how it functions, what can go wrong, how it can best be treated, and how to protect yourself from irritable bowel problems. The book gives you specific facts on the latest natural and alternative remedies that can bring prompt and lasting relief without the use of dangerous drugs. You'll learn all about these new remedies and find out how and why they work. You'll discover what you can do to avoid irritable bowel and stomach problems, what foods actually promote healing of an irritable bowel, and what to avoid at all costs. The book even explains a simple technique that has helped thousands rid themselves of irritable bowel problems, yet is little-known to most people—even doctors.

The book also explains how the bowel works, how food is digested, how specific foods affect the bowel, why certain foods and activities cause problems, and why over 20 million people suffer irritable bowel problems.

Written by a medical doctor, the book covers actual case histories of people who suffered irritable bowel problems and how they were able to overcome their problems.

Many Americans are putting up with troublesome irritable bowel and stomach problems because they are unaware of new natural treatments and the welcome relief that is now available.

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baths to calm the aches of tired muscles. Lavender and rose petals, continuous favorites for their lovely fragrances, lend their skin-softening properties to bath water. Lemon balm has a soothing effect, whereas lemon verbena is refreshing and invigorating. Peppermint, especially popular for stimulating foot baths, also makes a cool, refreshing bath. Experiment with other herbs used alone or in fragrant combinations.

Bath bags may be filled ahead of bath time and stored in tightly sealed jars to retain their fragrance. But it's just as easy to store the dried herbs in jars individually or premixed to your liking. Before bath time, scoop 2 tablespoons herb mixture into a small drawstring bag. Loop the string over the faucet and let the warm water run through the herbs, releasing their aromatic oils. You can also let the bag float in the water, squeezing it from time to time to infuse the herbal fragrance into the water.

Make the bath bags by cutting a piece of light muslin, cheesecloth or other open-weave fabric into small circles. Put the herbs in the middle, gather the fabric and tie with cord or ribbon. You can also sew reusable drawstring bags.

Allow yourself to soak in the hot bath for at least 10 minutes from the time you sink and start to relax. With every minute that passes, you'll feel your body and spirit refreshed as the herbs' natural oils and lovely fragrances gradually take effect.

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Homemade Soaps

For A Personal Touch

By Lisa Megahee

Making uniquely shaped and fragranced soaps is a fun process that allows you to create your own favorite scents and colors with each type of soap you make.

This easy soap-making project starts with leftover scraps of soap or purchased bars of glycerine or mild, unscented white soap. Grated and melted with a bit of water, the mixture becomes a plain base to which you can add your favorite fragrances and colors.

Give the soaps a personal touch and a unique appearance by molding them in a variety of sizes and shapes. Small plastic containers, candy molds, plastic travel soap containers, salad and miniature gelatin molds work well. For large amounts of soap, try using milk cartons. When the soap has hardened, slice the carton open and cut the soap into thick, rustic bars with a sharp knife.

Whatever containers are used as molds, make sure to lightly grease them with vegetable oil so the hardened soaps will slip out easily. A vegetable spray is the least messy to use. Any oil residue left on the soap bars may be removed by gently blotting the area with a tissue.

Homemade soaps make great gifts sure to be appreciated. Try wrapping tissue around square or round bars, stacking and then tying them together with matching ribbon or raffia. For the neatest appearance, place the bar at the top and bottom with the seams of the tissue wrapping facing the middle bars. For a more elaborate gift, place a few soaps in a basket with a soap dish, hand towels or washcloths, sachets or bath and beauty products such as herbal hair shampoo, conditioner and aromatic bath bags (see instructions on page 22).

Try your hand at making soaps with the following simple recipes. Then go on to experiment with different scents and colors or the addition of herbs and flower petals for many different and unique kinds of soaps to fit your individual tastes.

Rose Soap

This sweetly scented soap is fortified with lanolin, which increases the soap's skin moisturizing effect.

2 10-ounce bars of glycerine soap, grated
1/2-1 C. water
1 T. anhydrous lanolin (available in drug stores)
10 drops rose oil
5-10 drops red food coloring (optional)

Grate the soap with a food processor or hand-held grater or cut into small pieces with a knife. Combine

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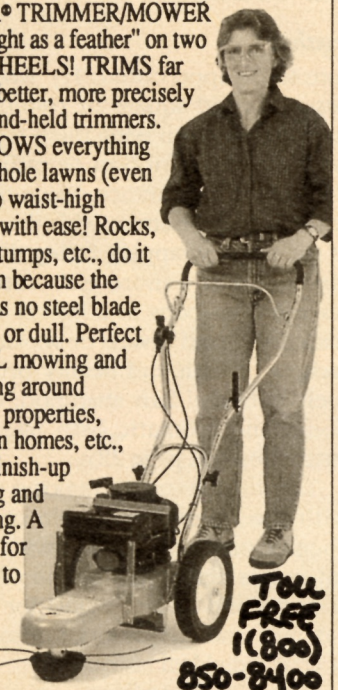

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the soap and water in a glass or enamel double boiler or small saucepan. Start by using 1/2 cup water; add more water only if needed. (Although additional water may speed up the melting process, a finished soap made with a minimal amount of water will harden faster and lasts longer.) As the soap melts, stir the mixture occasionally until smooth.

Add lanolin, rose oil and food coloring, stirring until well blended. Add coloring one drop at a time, blending thoroughly after each addition to evenly distribute the color. Remove from heat.

Pour the soap mixture into oiled molds or cartons, tapping them lightly on the counter to displace any air bubbles. Place in a dry spot for 1-5 days, or until the soaps are firm enough to handle. Then remove from molds and trim off any rough edges with a sharp knife. Wrap each soap bar in tissue paper and allow to dry for a month in a dry location.

Note: For a stronger fragrance and more intense color, increase the amount of rose oil and food coloring added to the melted soap mixture.

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2 10-ounce bars of mild unscented white soap, grated
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1/3 C. coarsely ground oatmeal
1 T. ground dried chamomile flowers

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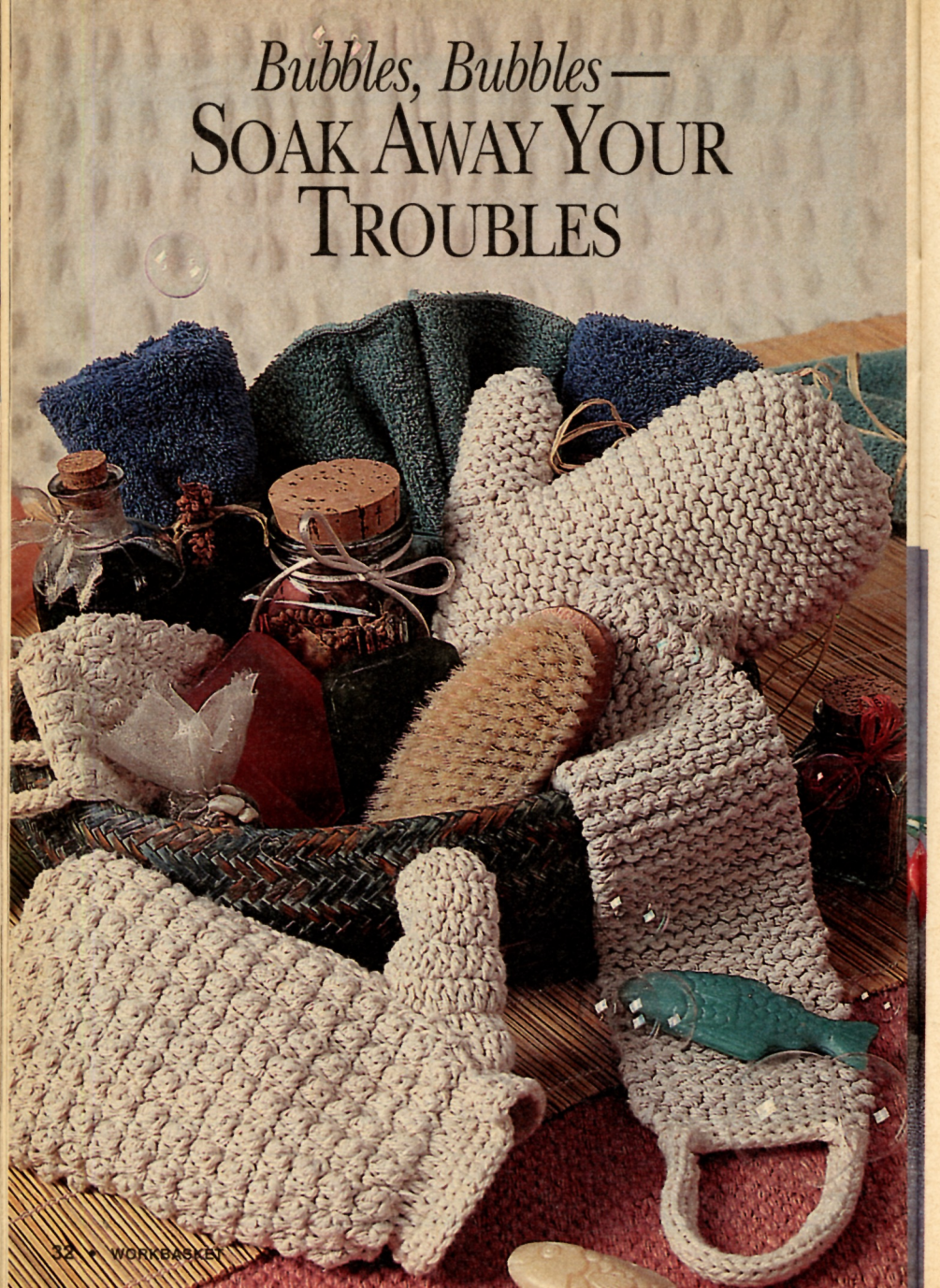

A knitted or crocheted bath mitt with a matching back scrubber is a quick-to-make gift or a nice way to treat yourself.

Some days the only solitude to be found is soaking in a tub of bubbles behind a locked bathroom door. Even then, it's hard to ignore the sound of glass breaking followed by the telltale phrase, "Oh-oh," or troublesome words like, "Guess how many seconds it takes to melt a box of crayons in the microwave?"

Whether you knit or crochet, a back scrubber and bath mitt packed in a basket with a few bubble potions makes a great gift, and they can easily be made in a few evenings.

KNIT BACK SCRUBBER AND BATH MITT

By Kathe Brinkmann

Materials: You'll need 60 yards of cotton cable cord or string; three skeins natural Lily Sugar 'n' Cream, a cotton sport weight yarn packaged in 2.5-ounce skeins; numbers 7 and 10-1/2 knitting needles; stitch holders; two stitch markers; and a tapestry needle.

Finished Measurements:
Back Scrubber: 3-1/2 x 24 inches
Bath Mitt: 7 x 8-1/2 inches

Gauge: With larger needles and double strand of yarn in garter stitch (K every row), 3 sts equal 1 inch.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Back Scrubber — Straps (Make 2): With smaller needles, cast on 6 sts with a single strand of yarn. Work in stockinette (K one row, P one row) for 7 inches. Bind off.

Scrubber: With smaller needles and a single strand of yarn, cast on 14 sts. **ROWS 1-3** Work in garter st (K every row). **ROW 4** Change to larger needles. Working in garter st with one strand yarn *and* one strand string, dec one st each end of row — 12 sts. Work in garter st on these 12 sts for 18 inches. Cut string, leaving 3 inches to weave in later. **NEXT ROW** With smaller needles, continue in garter st with single strand of yarn, inc one st each end — 14 sts. Work two more rows of garter st. Bind off.

Finishing: Sew one strap end to cast-on corner so that 3 sts are sewn to the other side (strap wraps around corner edge.) Sew the other end of the same strap to the opposite corner. Sew second strap to the other end in the same manner. Weave in any loose ends.

Bath Mitt: With double strand of yarn and smaller needles, cast on 30 sts. **ROWS 1-4** Work in garter st. **ROW 5** Change to larger needles. Working in garter st, inc 6 sts evenly across row — 36 sts. **ROWS 6-13** Continue working garter st.

Thumb Gusset: ROW 14 K17, place marker, inc one st in each of next 2 sts, place marker, K17 — 38 sts. **ROW 15** K. **ROW 16** K to marker, sl marker, inc one st in next st, K until one st

before 2nd marker, inc one st in next st, sl marker, K to end — 40 sts. Repeat Rows 15 and 16 until there are 12 thumb sts between markers — 46 sts. Work one row even. On next row, K across 17 sts and sl onto a st holder, inc one st in next st and K remaining 11 thumb sts, remove marker, sl remaining 17 sts onto a st holder. K the 13 thumb sts until thumb measures 2 inches above last thumb gusset inc. Dec for top of thumb as follows: **ROW 1** K2 tog across row, ending K1. **ROW 2** Repeat Row 1. Cut yarn, leaving a 7-inch tail. Draw tail through remaining sts. Sew thumb seam.

Place 17 sts from first st holder onto right-hand needle, pick up 2 sts at base of thumb, join yarn, place 17 sts from 2nd st holder onto left-hand needle and knit these sts. Work even on these 36 sts until mitt measures 8 inches above cast-on edge or 1 inch less than desired hand length.

Shaping: ROW 1 *K3, K2 tog, repeat from * across row, ending K1 — 29 sts. **ROW 2** K. **ROW 3** *K2, K2 tog, repeat from * across row, ending K1 — 22 sts. **ROW 4** K. **ROW 5** *K1, K2 tog, repeat from * across row, ending K1 — 15 sts. **ROW 6** K. **ROW 7** K2 tog across row ending K1. Cut yarn, leaving a 33-inch tail. Draw through remaining sts and sew side seams.

CROCHETED BACK SCRUBBER AND BATH MITT

By Angela J. Tate

Materials: Two skeins Off White Red Heart 100% Cotton, a cotton sport yarn packaged in 2.5-ounce skeins; one skein Natural Lily Kountry Kabled Kotton, a sport weight yarn packaged in 1.75-ounce skeins containing approximately 77 yards; sizes F and G crochet hooks, six inches of 1/4-inch wide elastic; sewing thread and a sewing needle.

Special Abbreviations:

pc (popcorn stitch) — Work 3 dc in same st, drop lp from hook, insert hook in first st of 3-dc group, pull dropped lp through st.

dec (decrease) — (Yo, insert hook in next st and pull lp through, yo and pull through 2 lps on hook) twice, yo and pull through 3 lps on hook.

Finished Measurements:

Back Scrubber: 3-1/2 x 23 inches

Bath Mitt: 7 x 8-1/2 inches

Gauge: In pattern stitch with size H hook and single strand of cotton yarn *and* single strand Kabled Kotton, 3 pc equal 2 inches; 2 rows equal 1 inch.

With size F hook and single strand cotton yarn, 4 dc equal 1 inch.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Back Scrubber: Use size H hook. With single strand cotton yarn *and* single strand Kabled Kotton, ch 13 loosely. Pc in 4th ch from hook, dc in next ch, (pc in next st, dc in next st) four times. Ch 1, turn. **ROW 2** Sc in each st across — 11 sts. Ch 3, turn. **ROW 3** (Pc in next st, dc in next st) five times. Ch 1, turn. Repeat Rows 2 and 3 until piece measures 19 inches, ending with Row 3. **NEXT ROW** Sl st in each st across. Fasten off.

Handle: Join thread to any corner st with right side of scrubber facing you. **ROW 1** Ch 1, sc in first st, ch 20, sc in last st of row. Ch 1, turn. **ROW 2** Sl st in each st across. Fasten off. Repeat instructions for handle on opposite end.

PHOTOS: SARAH TOBABEN JOHNSON

Both back scrubbers are worked with two strands; each strand is a different weight or texture. This variety gives the scrubbers more exfoliating abilites.

Bath Mitt: Begin one yard from yarn's end with size F hook and Cotton Sport yarn. Ch 40, join with sl st to form ring.

RNDS 1-11 Ch 3, dc in next 19 sts, (pc in next st, dc in next st) 10 times, sl st to join in top of ch 3. **RND 12 (Thumb) — For Right-Hand Mitt:** Ch 13, sk 4 sts, dc in next 15 sts, (pc in next st, dc in next st) 10 times, join in 3rd ch of dc-13 lp. **For Left-Hand Mitt:** Ch 3, dc in next 15 sts, ch 10, sk 4 sts, (pc in next st, dc in next st) 10 times, join in top of ch 3. **RNDS 13-14** Ch 3, dc in next 25 sts, (pc in next st, dc in next st) 10 times, join in top of ch 3. **RND 15 (Wrist)** Sew ends of elastic together to form ring. Working over elastic to cover, dc in each st around, join in top of ch 3. **RNDS 16-17** Ch 1, sc in each st around, join in top of ch 3, fasten off.

Thumb: RND 1 Join thread to first st of sp created by ch-13 lp on Rnd 12, ch 3, 19 dc evenly sp around, sl st in top of ch-3 — 20 sts. **RND 2** Ch 3, dc in next st, dec over next 2 sts, (dc in next 2 sts, dec over next 2 sts) four times, sl st to join in top of ch 3 — 15 sts. **RNDS 3 and 4** Ch 3, dc in each st around, join in top of ch 3. **RND 5** Ch 3, (dec over next 2 sts) seven times, sl st to join in top of ch-3. Fasten off, leaving a 12-inch end.

Finishing: Turn mitt to wrong side. Using attached ends of thread, sl st across end of thumb and top of mitt to close. Ch 3 and fasten off at end of each seam. Turn right side out.

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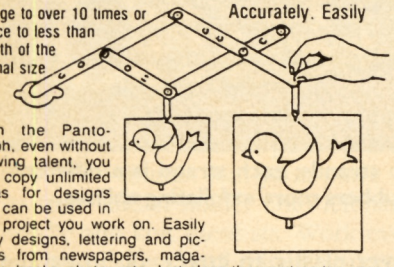

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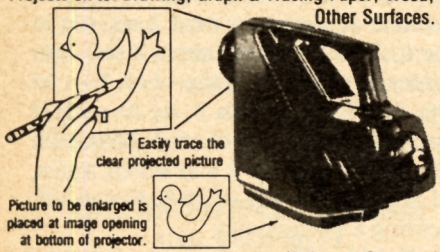

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Calming Brews for Bedtime

Use natural herbal teas to prevent occasional sleepless nights.

By Inger Skaarup

Most of us have occasional nights filled with restless tossing and turning until the small hours of the morning. Waking up after too few hours of disrupted sleep is a troubling way to start the day no matter what's on the agenda.

Nowadays, many over-the-counter drugs are available to prevent sleepless nights, but why use those when natural remedies are effective as well as tasty and inexpensive? Herbal infusions, or tisanes as they were called in the old days, have been used for centuries to induce sleep.

These herbal teas rely on the same simple mixtures of common garden herbs that our grandmothers used to help lull their families to sleep. They worked then, as they do today, not by magic or newfangled gimmicks, but by their natural relaxing and sedative properties.

Chamomile is perhaps the herb best known for its calming qualities. Although chamomile flowers may be used alone to make a tasty herb drink, they are also excellent combined with other herbs in a number of tea blends that soothe the nerves and calm the spirit before bedtime.

PHOTO, INGER SKAARUP

PHOTO, INGER SKAARUP

A delicious and relaxing cup of herbal tea may be made from one part each chamomile flowers, rose hips, hibiscus petals and apple geranium leaves. Add a touch of nutmeg, cinnamon or honey to subtly flavor the bedtime brew.

For a change of pace, try mixing equal amounts of chamomile flowers and crushed dill seed. A mixture with a fresh flavor blends one part chamomile flowers, rose petals and spearmint with two parts lemon verbena. Another delicious and relaxing combination calls for one part each chamomile flowers, rose hips, hibiscus petals and apple geranium leaves. Add a touch of nutmeg or cinnamon, if you like, and sweeten with honey.

Rosemary is another well-known garden herb used for brewing soothing herbal teas. Infuse it in water by itself, or combine it with equal amounts of lavender for a lovely, tasty and aromatic drink.

A more complex mellow and woodsy flavor is made from one part of rosemary mixed with one part each of hyssop, peppermint, marjoram, thyme and sage. Sage, too, is said to have sedative qualities. Although it also may be used alone to make tea, many people find its somewhat musty flavor more palatable when combined in equal parts with other herbs, such as lemon verbena. Or try both sage and rosemary, used in the amount of one part each to two parts peppermint for a brew that will really ease tension at the end of the day.

When brewing these calming teas, you can use either fresh or dried herbs, or a mixture of both. Begin by using the proportion of one cup of water to one teaspoon of dried herbs or one tablespoon of fresh herbs. When mixing fresh and dried herbs in an herbal tea, figure out the amount of water needed by counting the amount of dried and fresh herbs separately, then add water accordingly. For instance, you may use one teaspoon dried chamomile flowers and three tablespoons fresh mint. Pour four cups of hot water over the herbs and treat yourself to a delicious cup of calming brew.

Personal preference will determine how strong you brew the herb tea. A stronger tea is created by using additional herbs rather than a longer steeping time, as extra steeping may bring out bitter flavors. Herbal teas do not darken as they become stronger but remain light green or amber in color. Gauging the strength or weakness of the herbal tea should be done by taste rather than sight.

Most herbal teas are brewed to be enjoyed without milk and sweeteners, which may mask the drink's delicate flavors. But, as some herbs are decidedly more tart than others, you may find them more palatable if sweetened. Try a slice of fresh fruit, such as orange, pineapple, dried orange peel, or a bit of honey to subtly sweeten the tea.

Have a steaming hot cup of one of these herb teas the next time a restful night's sleep eludes you. Later, try your hand in creating new flavors by blending the calming properties of chamomile flowers, rosemary and sage with other natural herbs and spices. Be sure to write down the ingredients and amounts before gently drifting into the world of sleep, or you'll surely forget them by the time you wake up rested and refreshed after a great night's sleep.

A Perfect Cup of Tea

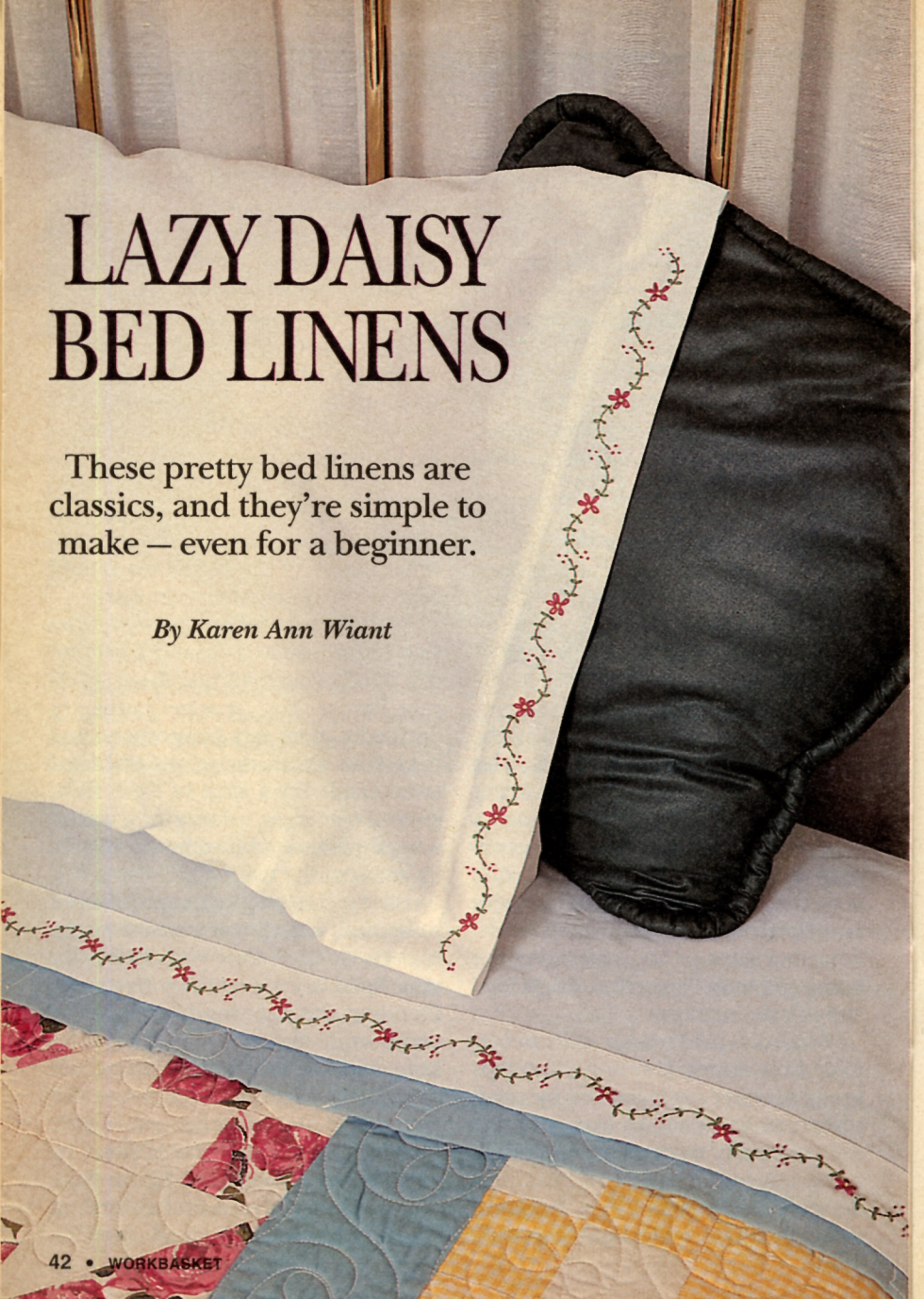
To make a pot of herbal tea, fill a kettle with fresh cold tap water and set it to boil. When the water is nearly boiling, pour a little into the teapot, swirl it around to warm the pot, then pour it out and add the herbs. At the moment the kettle starts boiling hard, pour the water over the herbs. Cover and steep from three to five minutes. With this method you will need to pour the tea through a strainer into the teacups unless your teapot has a strainer built in over the base of the spout, which keeps the loose herbs in the pot as you pour.

Alternately, brew the herb tea using an infuser to hold the tea ingredients while the water is poured over them. Infusers may be ball- or spoon-shaped, with pin-size holes over the surface. They unhinge or unscrew to open and are readily available in sizes for preparing a single cup or an entire pot of tea.

LAZY DAISY BED LINENS

These pretty bed linens are classics, and they're simple to make — even for a beginner.

By Karen Ann Wiant



PHOTO, SARAH TOBABEN JOHNSON

With only three basic embroidery stitches, and three colors of embroidery floss, these bed linens can be decorated in a breeze, even by someone who has never before embroidered anything.

Materials: Green, red and yellow embroidery floss or colors to match your decor; bed linens; scrap of muslin; a small embroidery hoop; embroidery needle; tracing paper; transfer paper; and a pencil.

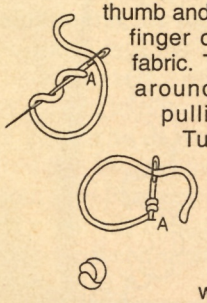
Place tracing paper over stitch diagram in magazine. Trace image. Place transfer paper on fabric with coated side facing fabric and tracing paper on top of transfer paper. Trace image. Lift papers, align images and trace again. Repeat for the length of fabric.

Place fabric in embroidery hoop. Begin and end stitching by making two or three small stitches one over the other to anchor thread (never make a knot). Use two stands of floss and work the green "stem" and "leaves." Go back and add red "petals." Finally, add the yellow center of each flower.

If this is your first project, practice making the stitches on a piece of muslin until you are comfortable and proficient at making them.

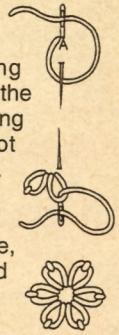
French Knot

Bring needle to right side of fabric at the point where the knot is to be made (A). Hold thread firmly between left thumb and first (index) finger close to the fabric. Twist thread around needle, pulling it taut. Turn needle in opposite direction and insert it close to the point where the thread emerged. Pull needle through the coils of thread to the wrong side of the work.



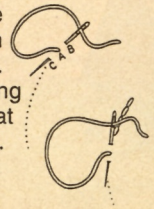
Lazy Daisy Stitch

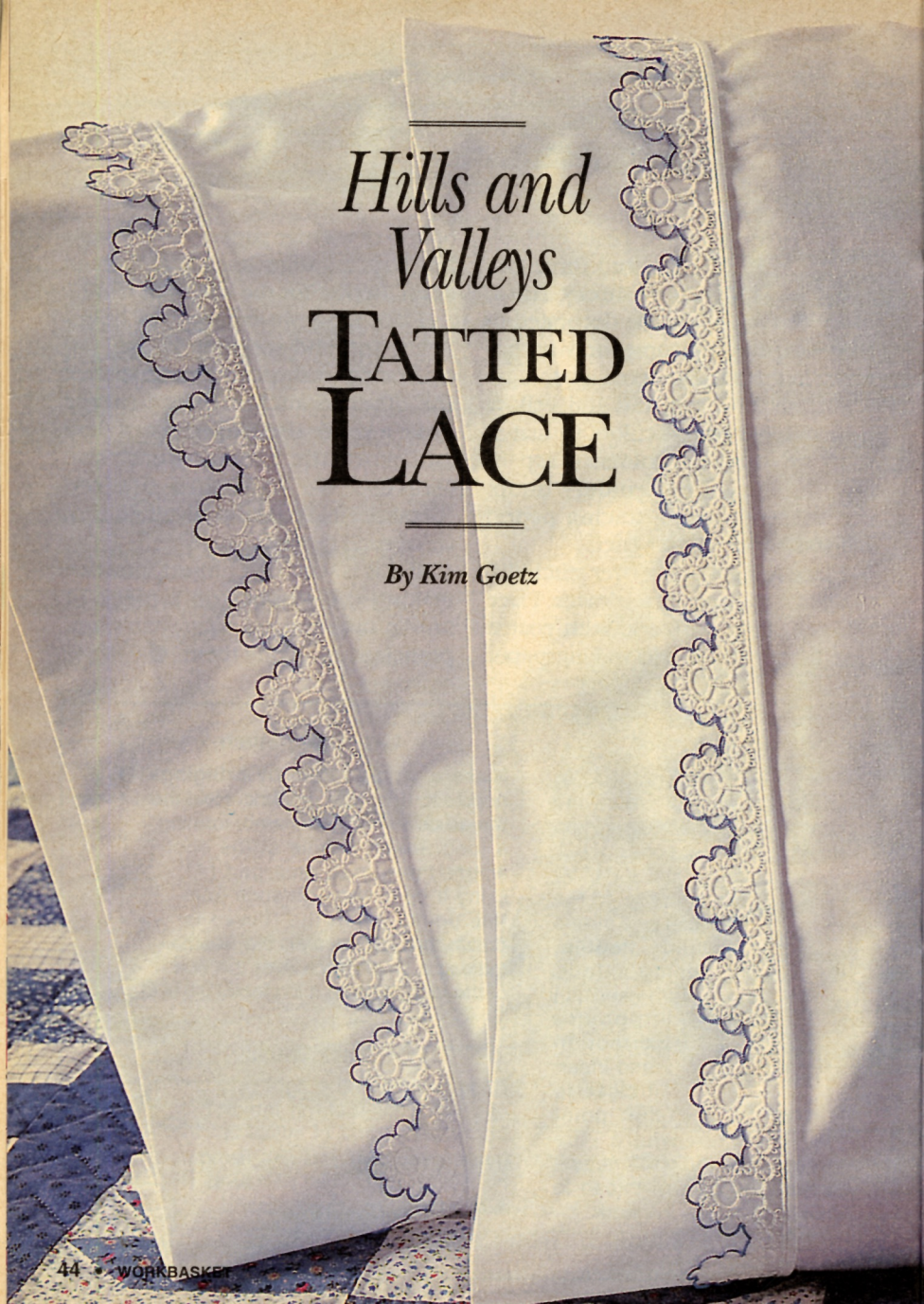
Make a single stitch by bringing needle to right side of fabric. Hold the thread down with left thumb, forming a loop. Insert needle at the spot where the thread emerged (A). Bring it up a short distance from this point. When the thread is drawn through, reinsert the needle, making a small stitch over the end of the loop, holding it in place.



Back Stitch

Bring needle to the right side of fabric (A), a stitch length from desired end of stitching. Insert needle at end (B). Bring needle up at C. Insert needle at A and continue as established.





Hills and Valleys TATTED LACE

By Kim Goetz

The blue thread used in this tatted edge emphasizes the hills-and-valleys effect of the lace and adds contrast to the pillowcase. If you'd like even more contrast, work the lace in a solid color.

Materials: Two balls white and one ball blue DMC Tatting Cotton, a size 80 cotton thread packaged in 5-gram balls containing approximately 108 yards; and a tatting shuttle.

Note: Blue thread is used only for ball in 2nd row.

ROW 1 (R of 5 ds, p, 5 ds, cl r, rw. Ch 4 ds, 3 p sep by 2 ds, 4 ds, rw. R of 5 ds, join to p of last r, 5 ds, cl r) twice, rw. *Ch 4 ds, p, 8 ds, rw. Large r of 8 ds, 5 p sep by 6 ds, 8 ds, cl r, rw. Ch 8 ds, join to p of last ch, 4 ds, rw. (R of 5 ds, p, 5 ds, cl r, rw. Ch 4 ds, 3 p sep by 2 ds, 4 ds, rw. R of 5 ds, join to p of last r, 5 ds, cl r) three times. Repeat from * for desired length, ending with repeat between ( ) once. Cut and tie threads.

ROW 2 Tie blue ball and white shuttle threads together. Start at last worked end. *R of 5 ds, join to p between next 2 rings, 5 ds, cl r. (R of 5 ds, join to next p of large r, 5 ds, cl r, rw. Ch 14 ds, rw. R of 5 ds, join to last p, 5 ds, cl r) five times. R of 5 ds, join to p between next 2 rings, 5 ds, cl r, rw. Ch 8 ds, join shuttle thread to p between next 2 rings, 8 ds, rw. Repeat from * along length of Row 1.

If piece is short when Row 2 is finished, do not cut threads. Work a separate piece of Row 1 the length needed and tie it to the original piece. Continue working Row 2 over new piece.

Finishing: Tie threads to opposite end of edging to form a continuous loop. Position on pillowcase and baste. First stitch across top edge tacking center and base of chains, and picot between 12 ds chains. Then with a second round, tack picot chain joins to top and base of rings around large ring, and base of large ring.

Corner: ROW 1 After last large r, work pattern until you have 3 small r, then: R of 5 ds, p, 5 ds, cl r, rw. Ch 4 ds, join to last p of last ch, 2 ds, 2 p sep by 2 ds, 4 ds, rw. R of 5 ds, join to p of last r, 5 ds, cl r, rw. Repeat from * for next side — clover formed.

ROW 2 Join shuttle thread to p of next r.

Circle: ROW 1 R of 3 ds, 7 p sep by 6 ds, 3 ds, cl r, tie ends together and clip.

RND 2 Tie ball and shuttle threads together. (R of 5 ds, join to last p, 5 ds, cl r. R of 5 ds, join to next p, 5 ds, cl r, rw. Ch 14 ds, rw) seven times. Tie ends to base of first r and clip.

PHOTO, SARAH TOBABEN JOHNSON

Lacy Snowflake-Motif DRESSER SCARF

Lacy hexagon motifs join quickly to create beautiful decorating accents.

PHOTO, SARAH TOBABEN JOHNSON

By Angela J. Tate

This versatile six-sided motif can be used to make a variety of home accessories. Here, we show a dresser scarf, but a single motif makes a lovely Christmas ornament, or you can continue joining motifs to make tablecloths, place mats and doilies sized to meet your needs.

Materials: One 225-yard ball white J. & P. Coats Cotton Knit-Cro-Sheen (a 100% cotton size 10 thread) and a size 7 crochet hook.

Finished Measurements: The completed dresser scarf measures approximately 13 x 20 inches; one motif is 4 inches in diameter.

Special Abbreviations: Shell — 3 dc, ch 3, 3 dc in same space.

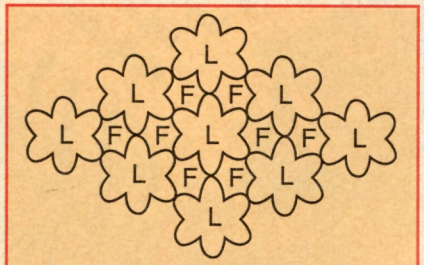
Gauge: Rnd 1 equals 1 inch in diameter.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

The dresser scarf is made from nine large motifs that you join as you work. When all nine large motifs are joined, go back and work the fill-in motif.

First Large Motif: RND 1 Ch 10, sl st to form ring, ch 3, 23 dc in ring, sl st to join in top of ch-3 — 24 sts. **RND 2** Ch 1, sc in same st, (ch 6, sk one st, sc in next st) 11 times, ch 3, dc in first sc — 12 lps. **RND 3** Ch 1, sc in same lp, (ch 6, sc in next lp, ch 10, sc in next lp) six times, ending with sl st in first sc. **RND 4** Sl st to center of next lp, ch 1, sc in same lp, (ch 3, shell in next lp, ch 3, sc in next lp) six times, ending with sl st in first sc. **RND 5** Ch 1, sc in same st, (ch 5, shell in center of shell, ch 5, sc in next sc) six times, ending with sl st in first sc. **RND 6** Ch 1, sc in same st, (ch 7, shell in center of shell, ch 7, sc in next sc) six times, ending with sl st in first sc. Fasten off.

Additional Large Motifs: Repeat first motif through Rnd 5. **RND 6** Repeat Rnd 6 of first motif, joining centers of adjacent shells (see diagram) with a sl st.



Fill-In motif: RND 1 Ch 10, join with sl st to form ring, ch 1, 12 sc in ring, sl st to join in first sc. **RND 2** Ch 1, sc in next st, ch 5, sl st in any ch-7 lp of large motif, *ch 5, sk one st on small motif, sc in next st, ch 5, sl st in next ch-7 lp, repeat from * around, ending with ch 5, sl st in first sc, fasten off.

Edging: Attach thread to center of any free shell, ch 1, *sc in same sp, (ch 5, sc in same sp) three times, ** ch 10, sc in next lp, repeat from ** to next free shell, being sure to sc in joining between motifs, repeat from * around, ending with sl st in first sc, fasten off.

Finishing: Starch scarf lightly if desired and press with warm iron through a cloth.

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Fruit-Shaped DRAWER SACHETS

Keep linen closets or dresser drawers smelling fresh with these dainty fruit shapes.

By Kay Melchisedech Olson

In Queen Victoria's time, women created dainty knitted novelties in a variety of sizes and shapes. Fruit shapes, particularly strawberries, were a special favorite. Filled with emery powder, they were also a practical way to clean rusty sewing needles.

These miniature knitted fruits were designed with that Victorian nostalgia in mind. Instead of emery powder, stuff these fruit shapes with felt scraps scented with fragrant oil, available most anywhere you find perfume. Then tuck them into your linen or dresser drawers for a pretty and practical way to keep everything smelling fruit-fresh.

General Materials: Number 0 double pointed needles (dpn), standard number 0 needles, large sewing needle, small amounts of felt scraps and cotton knit/crochet thread in various colors and sizes as indicated with individual instructions and fragrant oil (as desired for sachets).

Finished Measurements:
Strawberry: approximately 1-3/4 inch long (minus stem); 1-1/2 inches wide
Grape Cluster: approximately 3-1/2 inches long (minus stem); 2 inches wide
Pineapple: approximately 4-1/4 inches long (including leaves); 1-1/2 inches wide

General Instructions: The strawberry is made on four double pointed (dpn) needles working in rounds. The pineapple and grape cluster shapes are worked on two needles and may be worked on either double pointed or standard needles. Stems for the strawberry and grape cluster are worked in I-cords, which require two double pointed needles.

Although fiber filling or other material could be used for stuffing, we recommend that you use the color of felt scraps called for in the pattern. White fiber filling usually shows through the work even though stitches on number 0 needles are small and the thread used is fine. Using colored felt scraps for stuffing results in richer-colored fruit forms. Make sure the felt scraps are cut very small (about 1/4-inch square is ideal).

How To Make an I-Cord: Cast on number of stitches called for on one double pointed needle (dpn). *With another dpn, K across. *Do not turn work*. Always have right side of work facing you. Slide all sts to right-hand end of dpn. Bring strand of yarn/thread across back of work and repeat from * until cord measures length required. Bind off. Tug on cord slightly lengthwise. The finished cord should look like a small, circular tube.

STRAWBERRY

Materials: Size 5 Coats & Clark's Pearl Cotton color #126 Spanish Red; black embroidery floss; size 10 J. & P.

Coats Cotton Knit-Cro-Sheen color #48 Hunters Green; scraps of red felt.

With Spanish Red, cast on 18 sts. K around, dividing sts evenly between three needles. Being careful not to twist work, join. **RND 1** K. **RND 2** *Inc 1, K2, repeat from * around — 24 sts. **RND 3** *Inc 1, K3, repeat from * around — 30 sts. **RND 4** *Inc 1, K4, repeat from * around — 36 sts. **RND 5** *Inc 1, K5, repeat from * around — 42 sts. **RND 6** *Inc 1, K6, repeat from * around — 48 sts. **RND 7** *Inc 1, K7, repeat from * around — 54 sts. **RNDS 8-10** K. **RND 11** *K2 tog, K4, repeat from * around — 45 sts. **RNDS 12, 14, 16, 18, 19 and 20** K. **RND 13** *K2 tog, K3, repeat from * around — 36 sts. **RND 15** *K2 tog, K2, repeat from * around — 27 sts. **RND 17** *K2 tog, K1, repeat from * around — 18 sts. **RND 21** *K2 tog, repeat from * around — 9 sts. Cut thread, draw through remaining sts with sewing needle. Fasten securely, draw excess thread to inside. Make French knots with three strands of black embroidery floss randomly around work to form "seeds."

Leaves and Stem: With two dpn and Hunters Green, cast on one st. **ROW 1** K1, *do not discard st from needle,* K into back and front of st (3 sts on needle). **ROWS 2, 4, 6, 7, 8 and 9** K. **ROW 3** K2, inc 1 — 4 sts. **ROW 5** K3, inc 1 — 5 sts. **ROW 10** Bind off one st, K3 — 4 sts. **ROWS 11 and 13** K. **ROW 12** Bind off one st, K2 — 3 sts. **ROW 14** Bind off one st, K1 — 2 sts. **ROW 15** K2 sts, bind off one. Pick up one st from beginning (point made from start of Row 1). Bind off one st. Repeat from Row 1. Repeat these 15 rows until five leaves are made. Pick up and knit 3 additional stitches from center of leaves — 4 sts. Work these sts to form stem by making an I-cord 1 inch long. Cut thread, draw through remaining sts with sewing needle, draw excess thread down stem.

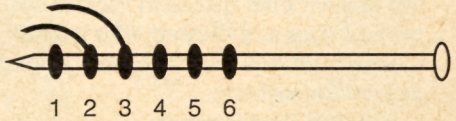
Finishing: Apply fragrant oil to red felt scraps and stuff strawberry. Sew leaves and stem over opening.

GRAPE CLUSTER

Materials: Size 10 J. & P. Coats Cotton Knit-Cro-Sheen in the following colors: color #159 Bright Violet, color #48 Hunters Green and color #131 Fudge Brown; green cloth-covered wire; round pencil; and scraps of purple felt.

Special Abbreviation:

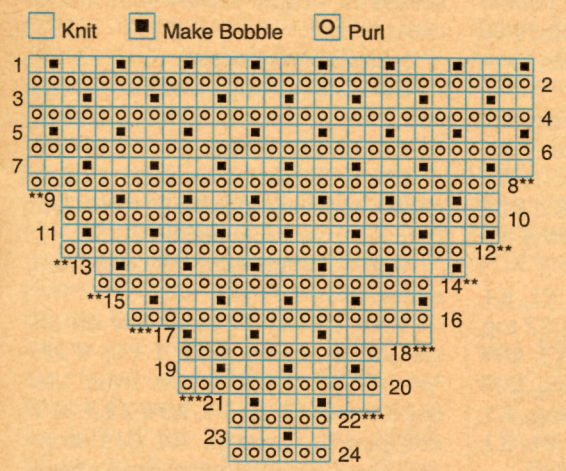
MB (Make Bobble) — Knit into front of stitch, back of stitch, front of stitch and so on until 6 stitches have been made out of 1. Turn work, K6; turn work, K6; turn work, K6; turn work, K6. Then K6 tog in this manner: slip 2nd st over first; slip 3rd st over first; slip 4th st over first; slip 5th st over first — 6 stitches made into 1 (see diagram).



With two needles and Bright Violet, cast on 30 sts. **ROW 1** K1, *MB, K3, repeat from * across, ending with MB. **ROWS 2, 4, and 6** P across. **ROW 3** *K3, MB , repeat from * across, ending with K2. **ROW 5** K1, MB, *K3, MB, repeat from * across. **ROW 7** *K3, MB, repeat from * across, ending with K2. **ROWS 8, 12 and 14** Bind off 2 sts in P; P across. **ROW 9** Bind off 2 sts, *K3, MB, repeat from * across, ending with K2. **ROW 10** P across. **ROW 11** K1, MB, *K3, MB, repeat from * across. **ROWS 13 and 15** Bind off 2 sts, K1, MB, *K3, MB, repeat from * across. **ROW 16** P across. **ROW 17** Bind off 3 sts, *MB, K3, repeat from * across, ending with K3. **ROWS 18 and 22** Bind off 3 sts in P, P across. **ROW 19** K2, *MB, K3, repeat from * once, ending with MB, K1. **ROWS 20 and 24** P. **ROW 21** Bind off 3 sts, K1, MB, K3, MB, K3. **ROW 23** K3, MB, K2.

If you find a chart easier to work from when

Grape Cluster Chart



** Bind off 2 sts at beginning of row.

*** Bind off 3 sts at beginning of row.

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placing bobbles in knitting, disregard the row by row directions. Follow the chart from top to bottom; odd rows read left to right and even rows read right to left.

Leaves: (Make 3) With two needles and Hunters Green, cast on 3 sts. **ROW 1** K1, P1, K1. **ROW 2** Inc 1, K1, Inc 1 — 5 sts. **ROW 3** K2, P1, K2. **ROW 4** Inc 1, K3, inc 1 — 7 sts. **ROW 5** K3, P1, K3. **ROW 6** Inc 1, K5, inc 1 — 9 sts. **ROWS 7, 9, 11 and 13** K4, P1, K4. **ROWS 8, 10 and 12** K9. **ROW 14** K2 tog, K5, K2 tog. **ROW 15** K3, P1, K3. **ROW 16** K2 tog, K3, K2 tog — 5 sts. **ROW 17** K2, P1, K2. **ROW 18** K2 tog, K1, K2 tog — 3 sts. **ROW 19** K1, P1, K1. **ROW 20** K3 tog.

Stem: With two dpn needles and Fudge Brown, cast on 3 sts. Work in I-cord for 2 inches. Cut thread, draw through remaining sts with sewing needle. Secure, bring excess thread through stem to bottom.

Finishing: Fold grape cluster and sew side seam. Use excess purple thread and weave closed any open spaces in work around bobbles. Apply fragrant oil to purple felt scraps and stuff grape cluster. Position stem in middle of opening, sew opening shut, securing stem in the center. Wrap two small lengths of cloth covered wire around a pencil. Remove pencil and pull slightly on wire. Sew wire spirals to base of stem. Sew leaves to base of stem, covering top seam.

PINEAPPLE

Materials: Size 5 Coats & Clark's Pearl Cotton in color #10A Canary Yellow and color #81 Dark Brown; size 10 J. & P. Coats Cotton Knit Cro-Sheen in color #48 Hunters Green; scraps of bright yellow felt; and a cable needle.

Special Abbreviations:

C3F — Sl st onto a cable needle and leave at front of work, K2, then K1 from cable needle.

C3B — Sl next 2 sts onto a cable needle and leave at back of work, K1, then K2 from cable needle.

W2P — Wind yarn twice around needle and P1.

With Canary Yellow, cast on 38 sts and K across. **ROW 1** P1, W2P, *p4, (W2P) twice, repeat from * to last 6 sts, P4, W2P, P1. **ROW 2** K1, sl 1 dropping the extra lp, *K4, (sl 1 dropping the extra lps) twice, repeat from * to last 6 sts, K4, sl 1 dropping the extra lp, K1. **ROWS 3 and 5** P1, sl 1, *P4, sl 2, repeat from * to last 6 sts, P4, sl 1, P1. **ROW 4** K1, sl 1, *K4, sl 2, repeat from * to last 6 sts, K4, sl 1, K1. **ROW 6** K1, *sl next st onto a cable needle and leave at front of work, K2, then K1 from cable needle — called C3F —, sl next 2 sts onto a cable needle and leave at back of work, K1, then K2 from cable needle — called C3B —, repeat from * to last st, K1. **ROW 7** P3, *(W2P) twice, P4, repeat from * to last 5 sts, (W2P) twice, P3. **ROW 8** K3, *(sl 1 dropping the extra lps) twice, K4, repeat from * to last 5 sts, (sl 1 dropping the extra lps) twice, K3. **ROWS 9 and 11** P3, *sl 2, P4, repeat from * to last 5 sts, sl 2, P3. **ROW 10** K3, *sl 2, K4, repeat from * to last 5 sts, sl 2, K3. **ROW 12** K1, *C3B, C3F, repeat from * to last st, K1. Repeat Rows 1-14 once and then Rows 1-6 once more.

Cut thread, draw through remaining sts with a sewing needle. Cut rectangle of orange/yellow felt approximately 1/8-inch narrower than finished work. With felt in place on wrong side, use Dark Brown to make a French knot in the center of each diamond. With Canary Yellow, sew up side seam. Apply fragrant oil to yellow felt scraps and stuff pineapple. Sew opening shut.

Leaves: With two needles and Hunters Green, cast on 12 sts. **ROW 1** K2 tog, K10 — 11 sts. **ROWS 2 and 4** Sl first st as if to P, K across. **ROW 3** K2 tog, K across — 10 sts. **ROWS 5-16** Repeat Rows 3 and 4 ending with 4 sts. **ROW 17** Inc 1, K3 — 5 sts. **ROWS 18 and 20** Repeat Row 2. **ROW 19** Inc 1, K across — 6 sts. **ROWS 21-34** Repeat Rows 19 and 20 ending with 12 sts. Repeat Rows 1-34 twice. Continue to work Rows 19 and 20 until there are 20 sts on needle, then repeat Rows 3 and 4 until there are 12 sts on needle. Repeat Rows 1-24 three more times. Bind off. Sew cast on edge to bound off edge. Run thread in and out around bottom of work, pull to draw up stitches. Sew drawn-up edge to top of pineapple, arranging largest green point in center of smaller green points.

Editor's Note: Additional fruit sachet shapes (including pear, orange, banana, acorn and raspberry) are available in our "Fruit Basket Bouquet" pattern packet (WBS1159). See the Gift Store section of this magazine for ordering information.

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BEDTIME DREAM TOYS

Soft and huggable, these terry cloth animal toys are sure to bring sweet dreams to a special little child.

Designed by Maribell Williams and Ami Johnson

When *WORKBASKET* reader Carol Nestrud of Spring Lake Park, Minnesota, was a young mother, she made some two-dimensional cloth animal toys for her daughter. The bear, rabbit and kitty-cat were made out of terry cloth, which gave them a "furry" appearance; plus, it made them washable.

Her daughter is now a mother, and Carol has been searching for the old pattern to make some new toys for her grandchild. Although we did not have the pattern in our files, Carol was persistent.

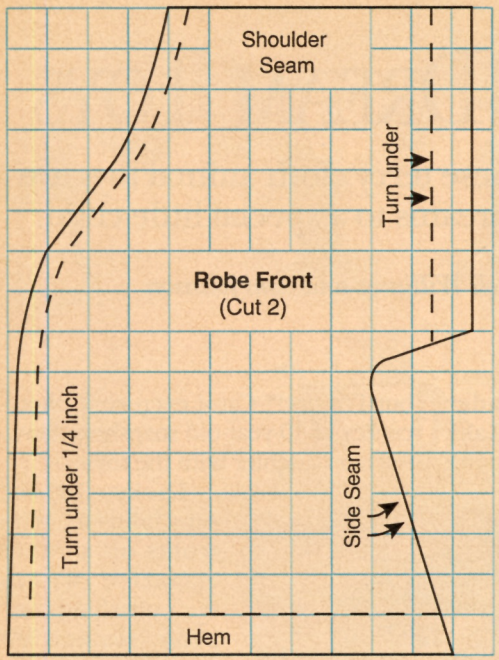
She wrote, "I think that anyone who is reasonably creative could make a similar pattern, but I'm not!" Carol even sent photocopies of 30-year-old snapshots showing her daughter with the toys.

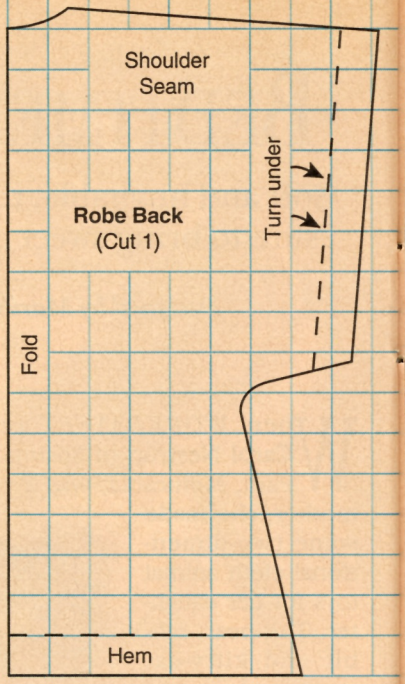
Carol Nestrud sent us this picture of her daughter as a child hugging the animals that inspired our Bunny, Teddy Bear and Kitty-Cat bedtime toys.

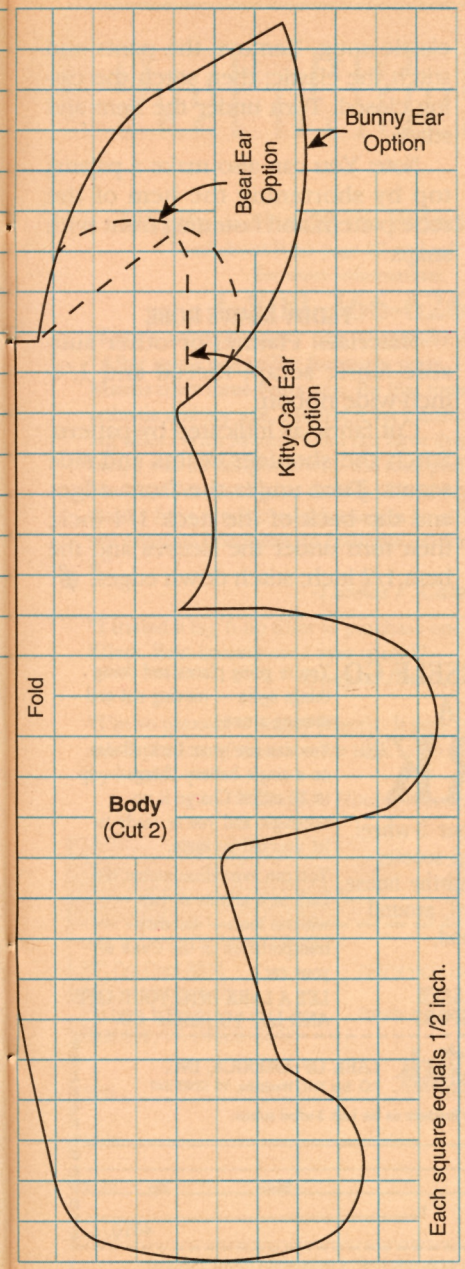
Lucky for us, Ami Johnson, who works on another magazine within our publishing company, teamed up with her mother, Maribell Williams, to create these lovable, huggable bedtime dream toys. They're soft and squeezeable — perfect bedtime buddies for the special little child in your life. We are hoping that Grandma Carol keeps the pattern in a safe place for the day she becomes a great-grandmother!

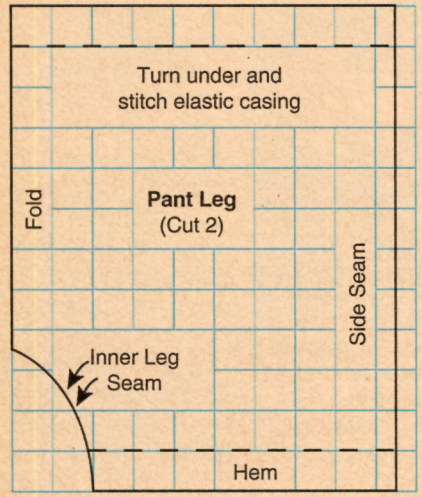
Finished Measurements: The cat and bear are 13 inches tall (ears to feet) and 10 inches wide (arm to arm); the bunny is 15 inches

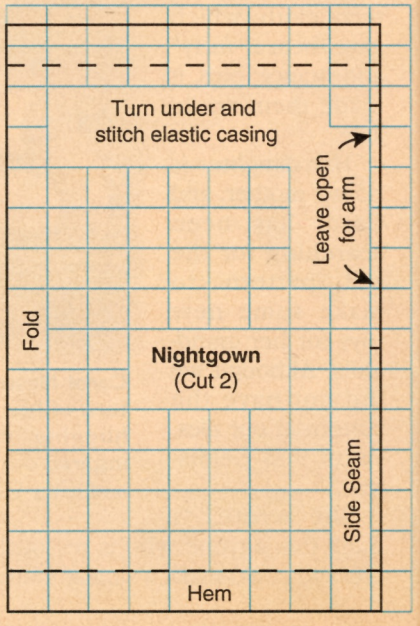
PHOTO, KAY MELCHISEDECH OLSON











tall (ears to feet) and 10 inches wide (arm to arm).

Materials: Terry cloth hand towel or terry cloth fabric approximately 13 x 22 inches (the bunny requires a piece of terry cloth fabric 16 x 22 inches to accommodate its ears), thread, fiber filling or other fabric stuffing and embroidery floss.

Cut the fabric as indicated on the pattern. First embroider the face desired (pictured animal faces were made using satin stitch for eyes and straight stitch in the form of a Y to form the nose/mouth).

Match pieces, right sides together, and sew using a 1/4-inch seam allowance. Leave a 3-inch opening along one leg. Turn the animal right-side out and stuff (bunny ears should be left unstuffed and floppy); then stitch the opening closed by hand.

BUNNY'S NIGHTGOWN

Materials: Flannel or other suitable fabric scrap, thread, 1/4-inch-wide elastic and lace.

Cut fabric as indicated by pattern. Stitch the side seams with a 1/4-inch seam allowance, leaving an opening for the arms. Turn under the edges of the arm holes and stitch; then turn under the top edge 1/2 inch and stitch the casing for the elastic. Leave a 1/2-inch opening in the casing to insert the elastic. Draw the elastic through the casing; then fit the nightgown on the animal and pull

the elastic snug around its neck. Take off the nightgown and stitch the elastic; then stitch the casing closed. Finally, turn under the hem and stitch lace along the bottom edge.

KITTY-CAT'S PAJAMAS

Materials: Flannel or other suitable fabric scrap, thread and 1/4-inch-wide elastic.

Cut fabric as indicated by pattern. Stitch the side and inner leg seams. Turn under the top edge 1/2 inch and stitch the casing for the elastic. Leave a 1/2-inch opening in the casing to insert the elastic. Draw the elastic through the casing; then fit the pants on the animal and pull the elastic snug. Remove the pants and stitch the elastic; then stitch the casing closed. Turn under the hem and stitch.

Note: You can also make a pajama top by shortening the hem of the robe pattern and fastening front with snaps.

TEDDY BEAR'S ROBE

Materials: Flannel or other suitable fabric scrap, thread and 1/4-inch-wide ribbon.

Cut fabric as indicated by pattern. Stitch the shoulder seams and side seams. Turn under the front edges and the back of the neck 1/4 inch; then turn under the sleeves and the hem 1/2 inch; stitch down edges.

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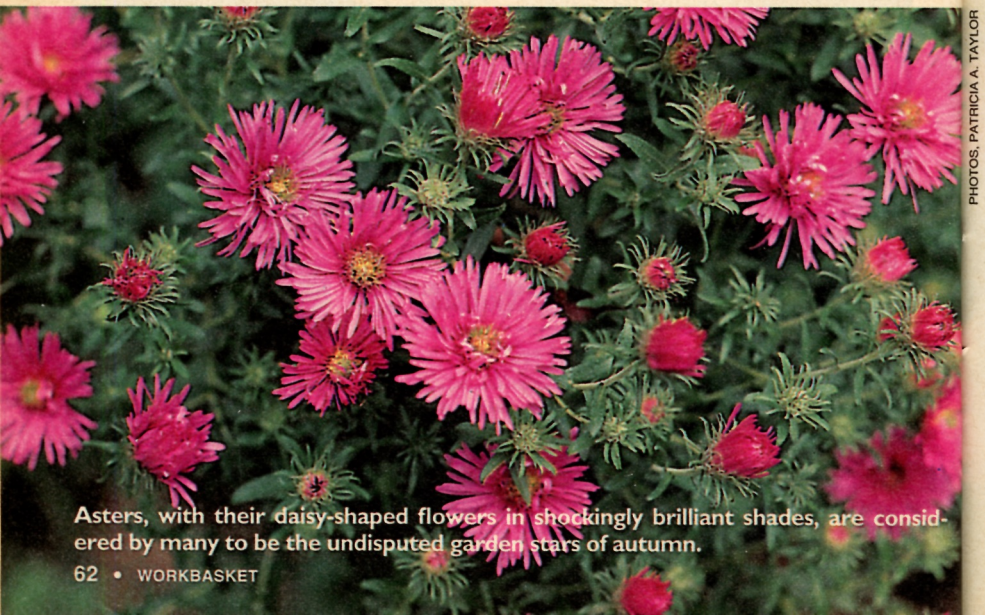
Fall's Glorious Flowers

By Doug Hall

One of the greatest challenges for gardeners is to keep their flower beds interesting through all the seasons. That's simple in the spring, when tulips, peonies, irises and roses follow each other in a rapid succession of bloom. By summertime, lilies, daylilies or annual flowers provide the colorful focal point.

Autumn finds many gardens looking exhausted. The annuals that have kept the flower borders lively for months are worn out, and only a few chrysanthemums in murky colors serve as the gardens' symbolic "last gasp." But there's no reason for fall gardens to be less than glorious. Nature saves some of its most spectacular flowering plants for autumn.

To many gardeners, asters are the undisputed stars of autumn. Though their leggy stems are anything but glamorous in summer, by fall this shortcoming is forgotten as the plants come alive with daisy-shaped flowers in shockingly brilliant shades of pink, lavender and violet, as well as calmer pastels colors. Where space permits, and the gardener doesn't mind the extra effort of staking the stems, the showiest display is from tall varieties like 'Alma Potschke' (bright rose pink), 'Harrington's Pink' (clear pink), 'Hella Lacey' (violet blue) and 'Marie Ballard' (powder blue). Other varieties are more compact, such as the new 'Purple Dome.' The rich, sky-blue 'Mönch' begins blooming in summer and crescendos into the fall.



Asters, with their daisy-shaped flowers in shockingly brilliant shades, are considered by many to be the undisputed garden stars of autumn.

PHOTOS, PATRICIA A. TAYLOR

A good companion for asters, boltonia adorns its bushy mounds of gray-green foliage with a profusion of starry daisies. Although some varieties reach six feet, 'Snowbank' stops at four feet and is less likely to need staking. 'Pink Beauty' offers another color choice and a longer bloom season.

Japanese anemones bloom in silky shades of pink and rose and pure white. All varieties are attractive, but some start to bloom in late summer while others wait until late fall; this fact is important to know in climates with early fall frosts, where the late-bloomers could be cut short. 'Honorine Jobert,' a golden-centered white, and the clear pink 'September Charm' are two old favorites. Where hardiness is questionable, choose the variety 'Robustissima,' a fragile pink beauty with a tough constitution.

Many ornamental grasses save their best "show" for fall. Miscanthus, for example, crowns its stems of linear foliage with buff-colored, feathery fans. Several types of pennisetum, or fountain grass, develop puffy plumes that sway at the tips of arching stems. After frost, the foliage of ornamental grasses turns a parchment color and stays attractive well into winter.

Two North American natives that look best in informal settings are Joe-Pye weed and goldenrod. Joe-Pye weed's appearance is more magnificent than its humble name would suggest; its flower clusters are dusky-rose puffs atop statuesque stems. The wide variety of goldenrods includes tall forms with clumps of upright stems, as well as newer, dwarf hybrids. All offer the familiar yellow flowerheads.

The aptly named sedum 'Autumn Joy' performs a color transformation in the garden that lasts several weeks. The flowers open in a rose shade that gradually changes to brick red and then to buff.

Not to be forgotten in autumn gardens are the many flowers of summer that can be counted on for a flush of fall blooms. Gaillardia, campanula, balloon flower, phlox, some types of salvia, physostegia and black-eyed Susan will continue their show of flowers, so long as they have been given adequate attention and are dead-headed (dying flower blossoms removed) regularly.

The variety of fall flowers goes far beyond the ever-popular chrysanthemum. Try some of these late-bloomers in your garden — you'll agree they are worth the wait.

Earrings For Teachers And Apple-Lovers

By Kay Melchisedech Olson

Novelty earrings are so fashionable that just about anything goes. You see the most common, everyday objects — from colored paper clips to zipper pulls — dangling from people's ears these days.

These apple earrings are especially great for elementary school teachers, since little ones are so observant. But anyone who has a sense of humor, and occasionally wants to see if others are paying attention, will enjoy these novelty apple earrings. Wear the pair of whole, red apples in the morning and exchange them with the apple core earrings after lunch. See who notices that your apples have been "eaten" by some mysterious gnome or gremlin!

Materials: You'll need Sculpey III colored modeling compound (red, green, brown and off-white), Sculpey Glaze #33 gloss, an artist's paint brush, toothpick, sharpened pencil, four round jewelry rings and four French hook earrings.

Begin making the apple cores by taking two marble-size amounts of off-white modeling compound, roll them into short log shapes and then gently pinch the centers. Next roll four pea-size balls of the red modeling compound, flatten and gently mold to the top and bottom of each apple core. Make two red balls about equal in size to the apple cores for the whole apples.

With the brown modeling compound, roll four small stick shapes that will be just thick enough to be sturdy, but not too thick for the jewelry rings to slip through. With the pointed end of a toothpick, pierce a hole at one end of each of the four stems. With a pencil or similar pointed object, make a hole in the top of both apples and apple cores and insert plain ends of the stems. Gently pinch the red apple area around the stem to secure in place.

Make eight pellet-size balls of the green modeling compound, flatten, then pinch and gently pull one end to fashion leaves. (Be careful not to make the points too sharp or they will poke the wearer.) Gently push the leaves into place at either side of the stems.

Follow package directions for baking the "apples." When cooled, add the glaze. Finally, insert rings through stems and attach French hooks.

His and Hers HAND TOWELS

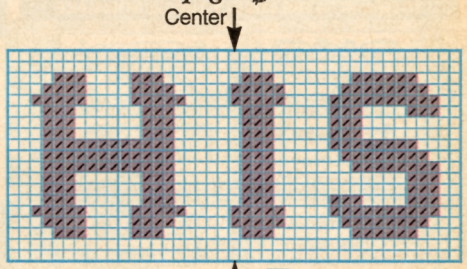
By Judy Chrispens

Some things just aren't meant to be shared even by the most loving couple; a towel is one example. These towels make it easy to keep her towel separate from his, and the set makes a super gift for a special couple.

Materials: Two 15- x 25-inch ecru towels with 3-inch 14-count evenweave borders; embroidery needle; and DMC embroidery floss in the following colors: #930 Blue Gray, #640 Dark Taupe, #644 Light Taupe and #921 Rust.

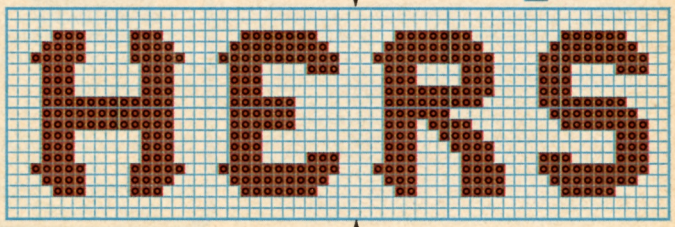
All cross stitching is worked with three strands of floss. Begin and end stitching by working ends of floss through the back side of stitches; never make a knot. Find the center of the cloth and work the decorative border first. Add "His" or "Hers" to the center of the border. ***Chart for border on next page.***

PHOTO, SARAH TOBABEN JOHNSON

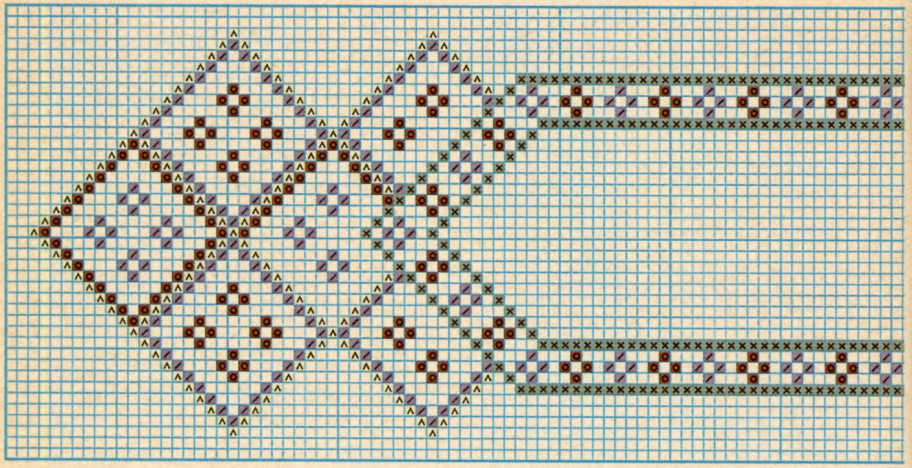


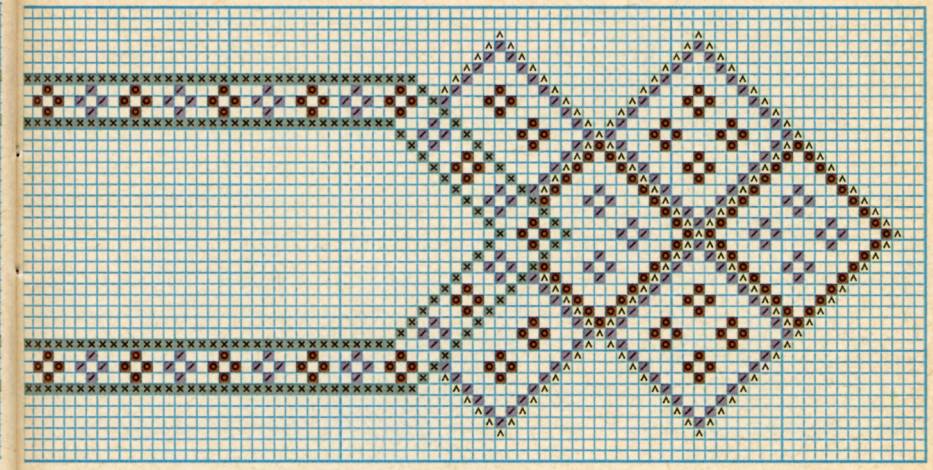
930 Blue Gray

921 Rust



930 Blue Gray | 640 Dk Taupe | 644 Lt Taupe | 921 Rust





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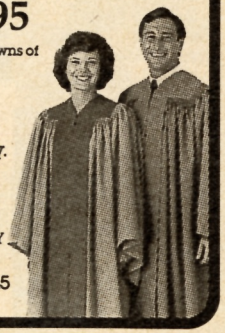

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EYE WISE

CLOVER AND RIBBON LACE

By Janice L. Rapacz

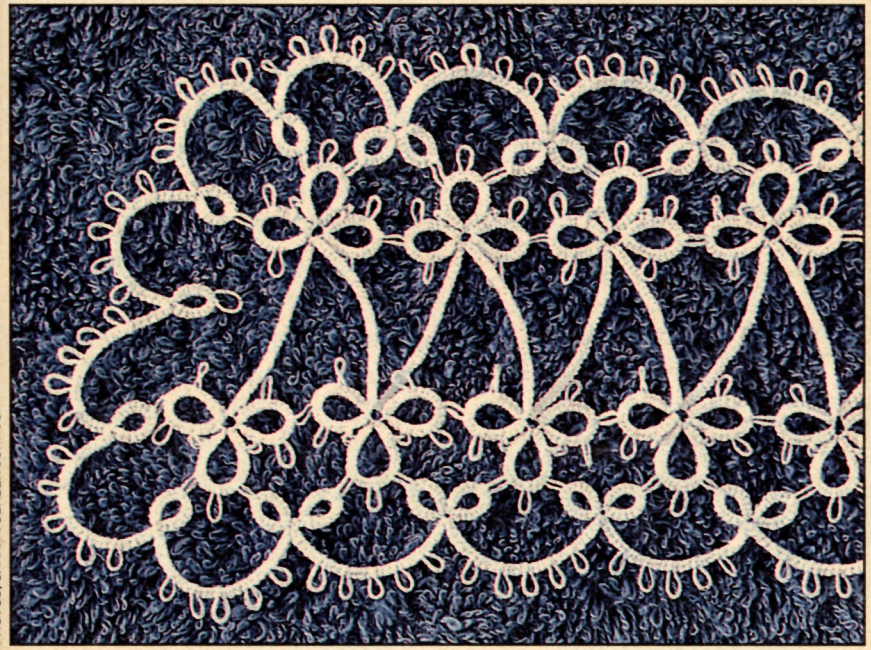
Wide enough to show off your talent at tatting but simple enough so that it doesn't require a substantial amount of time, this edge is just the right size to embellish a hand towel. Weave a satin ribbon through the lace for an added touch of elegance.

Materials: Approximately 100 yards size 30 cotton thread, 1-1/4 yards 7/8-inch satin ribbon and a hand towel.

ROW 1 *Clover: R of 6 ds, 2 p sep by 6 ds, 4 ds, 2 p sep by 4 ds, 4 ds, cl r. R of 4 ds, join to last p of previous r, 6 ds, p, 4 ds, 2 p sep by 4 ds, 6 ds, p, 4 ds, cl r. R of 4 ds, join to last p of previous r, 4 ds, 2 p sep by 4 ds, 6 ds, p, 6 ds, cl r, rw. Ch of 30 ds. Do not rw. Repeat from * once.

****Clover:** R of 6 ds, p, 6 ds, join to center p of last r of 2nd-to-last clover, 4 ds, 2 p sep by 4 ds, 4 ds, cl r.

R of 4 ds, join to last p of previous r, 6 ds, 3 p sep by 4 ds, 6 ds, p, 4 ds, cl r.



PHOTOS: SARAH TOBABEN-JOHNSON

R of 4 ds, join to last p of previous r, 4 ds, 2 p sep by 4 ds, 6 ds, p, 6 ds, cl r, rw. Ch of 30 ds. Do not rw.

Repeat from ** for length desired (approximately 18 inches for hand towel, 40 inches for pillowcase). Cut and tie threads.

ROW 2 (Ball and Shuttle) ***R of 8 ds, join to last open p of center r of clover from Row 1, 8 ds, cl r.

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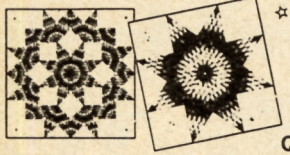

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R of 8 ds, join to first open p of center r of next clover, 8 ds, cl r. Rw.

Ch of 6 ds, 5 p sep by 4 ds, 6 ds, rw. Repeat from *** to last clover on edge. ****(R of 8 ds, join to last open p of center r, 8 ds, cl r. Ch of 6 ds, 5 p sep by 4 ds, 6 ds, rw. R of 8 ds, join to center p of last r of clover, 8 ds, cl r. Ch of 6 ds, 5 p sep by 4 ds, 6 ds, rw. R of 8 ds, p, 8 ds, cl r, rw. Ch of 6 ds, 5 p sep by 4 ds, 6 ds, rw. R of 8 ds, join to center p of first r of first clover of other edge, 8 ds, cl r, rw. Ch of 6 ds, 5 p sep by 4 ds, 6 ds, rw. R of 8 ds, join to first open p of center r, 8 ds, cl r, rw. Ch of 6 ds, 5 p sep by 4 ds, 6 ds) rw. Repeat from *** to last clover of 2nd edge. Repeat from ****. Cut and tie threads of last ch to base of first r of Rnd 2.

Block tatting. Weave the ribbon through the chains in the center of the tatting. Finish ends of the ribbon by turning them under and hand stitching. Hand stitch edging to towel.

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CAROL'S CAT CORNER

Dear Readers and Cat Lovers: I receive many letters requesting that I write columns about dogs, rabbits, birds or other pets in addition to cats. Unfortunately, I can't do a column that includes all animals even though I truly love every one of them. However, I was recently in touch with a wonderful organization that involves a variety of animal pets, and I want to share the story with all of you.

The organization is called Pets for Life; possibly you have heard of it in your city or town. Mary Buford, the Kansas City, Missouri, director of Pets for Life, is a charming woman who really gave me insight on this organization I had already heard and read so much about.

The purpose of Pets for Life, as Mary points out, is to provide pet-assisted therapy for people being treated in local care facilities. Pets for Life serves nursing homes; Alzheimers units; mental health and physical rehabilitation facilities; hospital skilled nursing units; and occasionally retirement, adult day care or schools for people with disabilities. Animals minister to everyone; their love knows no limitations.

The Pets for Life brochure points out that many studies prove the profound effect animals can have on people's physical and mental well-being. Whether it be bringing voice to an elderly person who has retreated into silence or calming a frustrated child, pet-assisted therapy is recognized as a valuable therapeutic tool. I have heard repeated testimonials indicating that one of the most worthwhile and rewarding activities in care facilities is when Pets for Life is visiting.

Mary, who has a bachelor's degree in therapeutic recreation and 20 years working experience, tells me the Kansas City facility has 80 volunteers, 73 dogs, three cats, three rabbits, one hamster and one guinea pig. Dogs are the primary visitors, largely because they are good travelers. Before being allowed to make a visit, each animal must first have an extensive evaluation by a veterinarian. Only a few designated animals are lodged and provided vet care at the Kansas City Pets for Life office; they do not accept strays. All volunteers receive orientation and training.

On a side note, the new cat at the Kansas City center is Otto. He took the place of a cat who recently retired after 9 years on the job. Otto is 1-1/2 years old, interacts with dogs on visits and is best friends with a golden retriever. On a visit, Otto will sit next to people or just be a cool kitty and stay in the background for awhile. Volunteers say he does seem to enjoy being there.

More importantly, the people he's visiting enjoy him being there. Mary explains how a cat visit involves people in using their senses. For example, the visual sense of seeing the actual cat, the tactile sense of petting the cat, the auditory sense of listening to meowing, the kinetic sense of hearing/feeling the purring and the olfactory sense involved with the scent of the animal. We can all relate to these.

Pets for Life relies solely on donations and community involvement. Funds help defray discounted vet fees (medical and boarding), mailings, office expenses, pet transportation and other administrative expenses.

To put in my two cents...I really believe in this organization. I have seen for myself how pets affect people and sincerely hope we can continue to have many more Pets for Life groups around the country to help people in need. Hooray for Pets for Life and all its volunteers — both the two-legged and four-legged variety. It's just one more way of showing how much a part of our lives pets can be and how they do make a difference!

Until next time, stay purr-fectly happy,

This is Princess Lucy, a Maine Coon whom Marlene Gaunaurd and her husband adopted from their county animal shelter. Marlene says that Princess Lucy lives up to the note on her case at the shelter — "Very, very sweet." They all live in Rockville, MD.

Muffin and Missy, both about 12 years old now, live with Mr. and Mrs. Paul Simpson in Tulsa, OK. The Simpsons are retired and say that the cats are so much a part of the family they don't know what they'd do without them. We all can share that feeling!

Spuds, Pepper, Popcorn, Frack, Amber, Frick, Stripe and Patches. Rosemary Wurmser of Milford, PA, says, "As you can tell, we love cats." Rosemary's family started off with one cat years ago. Need I say more?

Thirteen-year-old Puss-n-Boots lives in San Francisco with Mrs. Raymond Slattery, who tells us Puss-n-Boots loves to eat popcorn one kernel at a time. He still rolls his catnip ball and chases his cloth mouse, too.

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Add a touch of country charm to your home with a handmade rag rug like those featured in this issue of WORKBASKET. You can save time and effort by purchasing the fabric in a convenient, pre-cut roll. Because of the nature of the material, the fabric color will vary so specific colors can't be requested. Both knit and crochet instructions are included with the fabric. Hard-to-find size 19 knitting needles and size S crochet hooks are sold separately.

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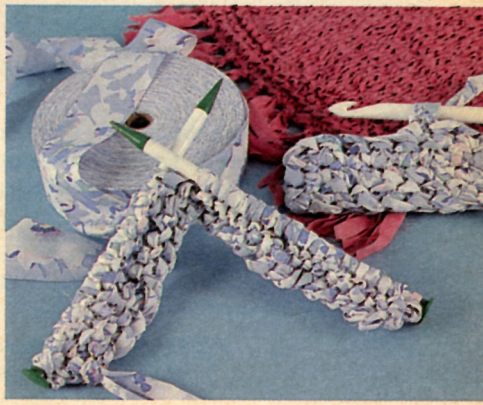

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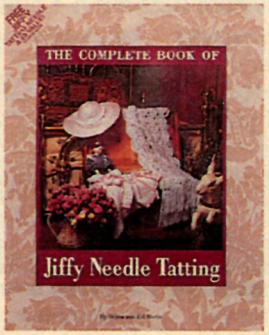

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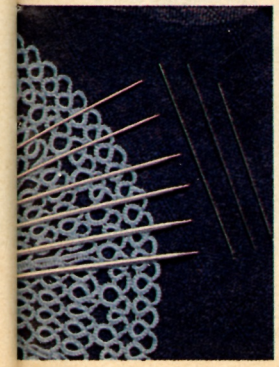

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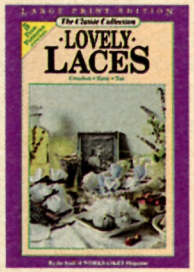

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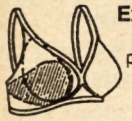

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WOMEN WHO MAKE ¢ENT$

FAVORITE KNIT BOOTIES

Grace Clingman, St. Louis Park, Minnesota, has made countless pairs of baby booties. This particular pattern is her favorite.

Materials: Number 2 knitting needles and baby yarn.

Finished Size: The sole measures approximately 2 x 3-1/2 inches.

Gauge: 6 sts equal 1 inch.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Cast on 42 sts. **ROW 1** Sl 1, K across. **ROW 2** Sl 1, yo, K20, yo, K20, yo, K1. **ROWS 3, 5, 7, 9, 11, 13 and 15** Sl 1, K across. **ROW 4** Sl 1, yo, K21, yo, K1, yo, K21, yo, K1. **ROW 6** Sl 1, K22, yo, K3, yo, K23. **ROW 8** Sl 1, K22, yo, K5, yo, K23. **ROW 10** Sl 1, K22, yo, K7, yo, K23. **ROW 12** Sl 1, K22, yo, K9, yo, K23. **ROW 14** Sl 1, K22, yo, K11, yo, K23. **ROW 16** Sl 1, K22, yo, K13, yo, K23 — 61 sts. **ROW 17** Sl 1, P across. **ROW 18** Sl 1, K36, K next 2 tog, turn. **ROW 19** Sl 1, K13, K next 2 tog, turn. **ROW 20** Sl 1, P13, P next 2 tog, turn. **ROW 21** Sl 1, K13, K next 2 tog, turn.

Repeat Rows 19, 20 and 21 six more times. Repeat Row 19. Repeat Row 20 — 37 sts.

NEXT ROW — ROW 42 Sl 1, K across. **ROW 43** Sl 1, K across. **ROW 44** Sl 1, P across. **ROW 45** Sl 1, K across. Repeat Rows 43, 44 and 45 three more time. **NEXT ROW — ROW 55** K1, *yo, K2 tog, K1*, repeat between *'s. **ROW 56** Sl 1, P across. **ROW 57** Sl 1, K across. Repeat Rows 43, 44 and 45 three more times.

Work in K2, P2 ribbing for 2 inches. Bind off loosely. Sew back and sole seams. Crochet a 12-inch chain for tie. Weave tie through spaces at ankle and make pom-poms for ends of ties.

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CROCHETED PONYTAIL HOLDER

Teresa Dietz, Ingleside, Illinois, has sold 60 of these fun ponytail holders for $2 a piece. The covered elastic ponytail holders can be purchased in packages of 22 for less than $2 at a discount store. If you use leftover yarn, the elastic bands will be your only cost.

Materials: Covered elastic ponytail holder, small amount of scrap worsted weight yarn in main color (MC) and contrasting color (CC), size H crochet hook and a tapestry needle.

RND 1 Working over the ponytail holder with MC, (sc, ch 1) around to cover the holder completely but not so tightly as to stretch the elastic (a large ponytail holder requires about 27 repeats). Sl st in beginning sc. Do not turn. **RND 2** Sl st in first ch-1 sp, (ch 5, ch 1, tr, ch 1, tr) in same ch-1 sp, (tr, ch 1) 3 times in each ch-1 sp around; sl st in fourth ch of ch-5; fasten off if using contrasting trim. **RND 3** Continue as follows if using one color or join contrasting color in top of any tr; (Sc, ch 3) in each ch-1 sp around, sl st in beginning sc. Fasten off.

Use tapestry needle to work loose ends.

Editor's Note: If we print your favorite pattern or hot-seller, we'll pay you $25. We need: 1) a sample of the project; 2) a list of supplies; 3) detailed instructions; 4) estimate of the time and cost involved; 5) price charged and the approximate number sold. Send to *WORKBASKET* Women Who Make Cents, 700 W. 47th St., Suite 310, Kansas City, MO 64112. Include your name, address and telephone number. Materials cannot be returned unless postage is included.

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Workbasket INFORMATION WORTH WRITING FOR

The companies listed below will send you product and service information upon request. Simply complete the coupon and mail it to the address shown.

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2. **HOMECRAFT SERVICES**
Aunt Martha's Craft Catalog has a complete listing of hot iron transfers, liquid embroidery tube paint, paint accessories, precut quilt kits and quilt accessories. Patterns for embroidery, cross stitch, wearable arts, home decor, quilting and fabric painting. Send **$3.00** (deductible).

3. **AFGHANS TO CROCHET**
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4. **UCHIDA OF AMERICA**
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This book by the editorial staff of ***WORKBASKET*** contains all 50 state quilt patterns in a single volume, plus instructions and full-size patterns. **$6.95.**

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7. **MARY MAXIM**
Here's the largest selection of exclusive needlework and craft kits in a full-color, 80-page catalog! Knit, crochet, cross stitch, plastic canvas, needlepoint, quilting, rug hooking, woodcrafts and more! We've got lots of home decorating ideas that are perfect for your home. Send for your **FREE** catalog now!

8. **TATTING PATTERNS**
Thirty-eight practical and decorative designs for edgings, doilies, table settings and more. Includes complete instructions on how to tat. **$6.95.**

9. **COLLARS TO KNIT & CROCHET**
Twenty-three different traditional and contemporary designs for your favorite sweater, dress or blouse. Includes complete how-to instructions for both knit and crochet. **$6.95.**

10. **BINDERS**
Stop searching through stacks of disorganized magazines to find a favorite pattern. Protect your valuable and useful copies of **WORKBASKET** with our exclusive binders. Each sturdy vinyl binder is imprinted with the magazine's logo on the front and spine and holds twelve issues. **$9.95.**

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110994

KIDS' STUFF

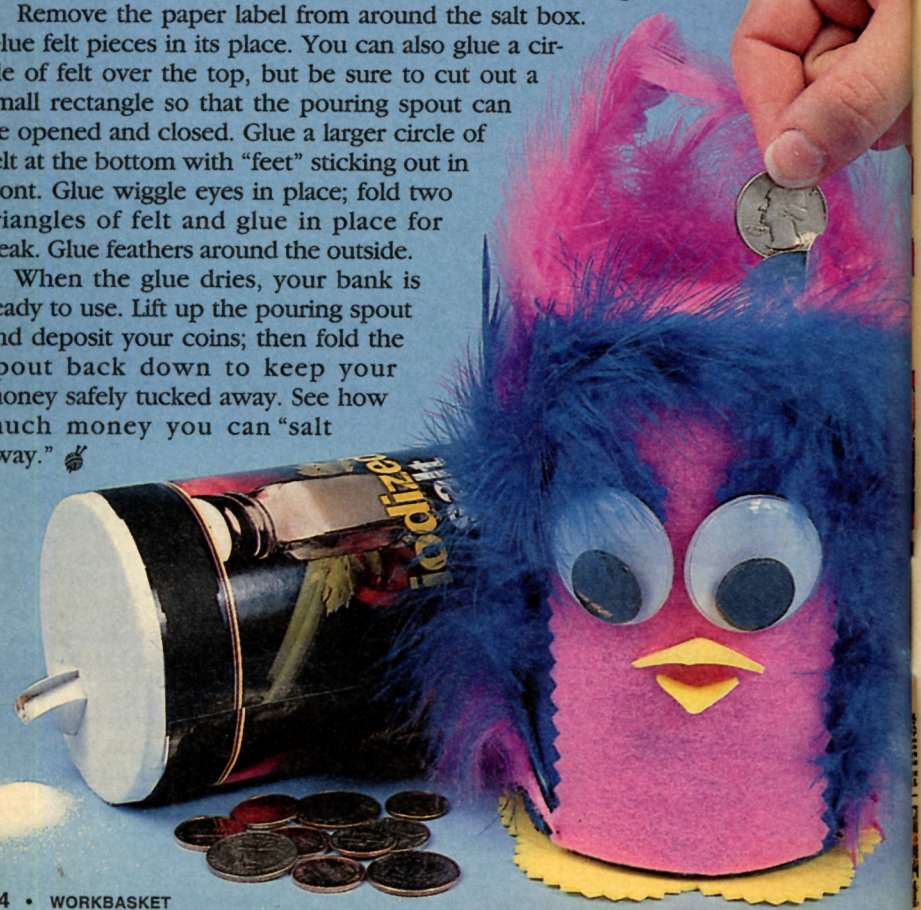
Salt Box Bank

Some people say they are "salting it away" when they are saving money. With this bird bank, made from an empty salt box, you can do both.

Materials: An empty salt box (with a pouring spout), felt pieces, colorful feathers, two large wiggle eyes, scissors and craft glue.

Remove the paper label from around the salt box. Glue felt pieces in its place. You can also glue a circle of felt over the top, but be sure to cut out a small rectangle so that the pouring spout can be opened and closed. Glue a larger circle of felt at the bottom with "feet" sticking out in front. Glue wiggle eyes in place; fold two triangles of felt and glue in place for beak. Glue feathers around the outside.

When the glue dries, your bank is ready to use. Lift up the pouring spout and deposit your coins; then fold the spout back down to keep your money safely tucked away. See how much money you can "salt away."



SKIN CARE UPDATE

My secret to healthier looking skin... with water?

Now you can have radiant, healthy skin without the expense of a salon facial.

Until now if you wanted a professional skin care treatment you had to go to a facial salon. But as wonderful as a salon facial can be, those visits take time out of a busy life and could cost you $60 to $100. But with the Aqua Cleanse System you can afford to have the essential elements of a professional salon facial everyday.

Dramatic results. Aqua Cleanse uses water pressure from your shower to form a powerful suction that gently deep cleans your skin. Your shower's steam opens your pores while the suction gently lifts away oil, dead skin, pollution and make-up that makes skin look unhealthy. The Aqua Cleanse System will minimize skin problems and bring your natural moisture to the surface, revealing a fresh glow that's hidden by normal cleaning.

Skin care that works for everyone. Aqua Cleanse is a unique scientifically tested and patented skin care breakthrough. Women and men of all ages can benefit from its deep cleansing skin care system. Aqua Cleanse works for all types of skin; normal skin, dry skin, and oily skin. It is especially good for anyone with tight, sensitive skin or skin that produces thick oil.

Skin before cleansing

After normal cleansing

After using Aqua Cleanse

Skin care made easy. Aqua Cleanse comes complete with a "no tools necessary" hook-up design. The vacuum cone simply attaches to your shower head and the hand-held regulator has adjustable suction. Aqua Cleanse has no electrical or mechanical parts that can rust or clog. It comes with four specific attachments for the body and face.

Three easy payments of $23. The price for this wonderful skin care system is a mere $69. (plus $6 shipping and handling.) Plus our credit card customers can have the Aqua Cleanse System in three easy monthly installments of $23.

Free bonus gift. Order within 30 days and this special gift set is yours absolutely free. You'll receive: 1. a mild European cleanser 2. an alcohol-free European collagen lotion 3. a VHS instructional video to show you how to install, use and benefit from Aqua Cleanse. This $29 value is yours to keep, even if you decide to return Aqua Cleanse

Easy installation

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